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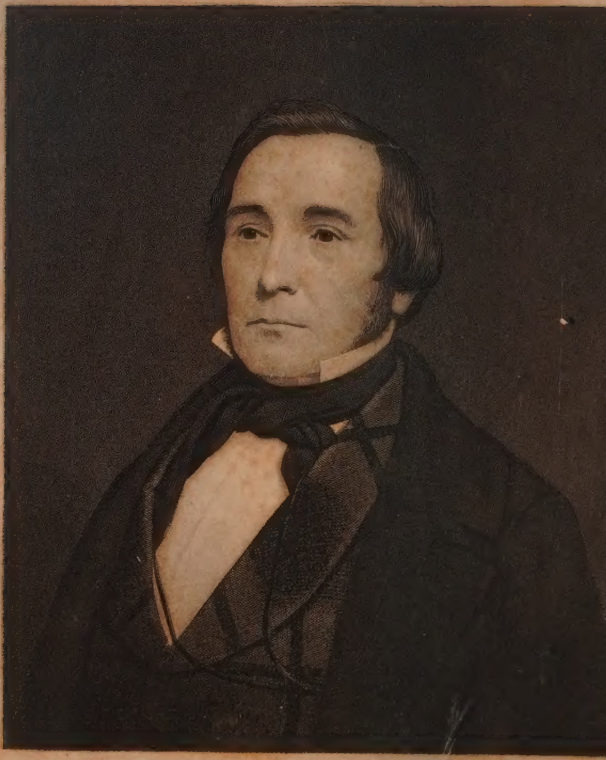

ENGRAVED BY SARTAIN

Respectfully Yours

S. S. Litch

SIX LECTURES

ON THE

FUNCTIONS OF THE LUNGS;

AND CAUSES, PREVENTION, AND CURE OF

PULMONARY CONSUMPTION, ASTHMA,

AND

Diseases of the Heart;

ON THE LAWS OF LIFE;

AND ON THE

MODE OF PRESERVING MALE AND FEMALE HEALTH TO A HUNDRED YEARS.

WITH 30 ILLUSTRATIONS.

BY SAMUEL SHELDON FITCH, A.M., M.D.,

TWENTY-NINTH EDITION.

"I may yet walk, as it appears to me, the rosy paths of life; and the energy and action that were once in these limbs, may again be mine. If so, I shall give 'honor to whom honor is due;' and if, contrary to this, the earth should soon close over me, to the last moment of my life should I be satisfied that this is the way, and the only true way, to cure Consumption."—*Extract from Henry Peck's letter to Dr. S. S. Fitch.*

NEW YORK:
S. S. FITCH & CO., 714 BROADWAY.
1861.

Entered according to an Act of Congress, in the year 1850, by

S. S. FITCH,

In the Clerk's Office of the District Court for the Southern District of New York

INTRODUCTION.

The Author, besides lecturing in England, has had an opportunity of addressing about fifty thousand persons in the United States, and thus of personally presenting and enforcing his views by direct examples and prompt practical results and demonstrations. In 1827, whilst a student of Medicine in Philadelphia, he discovered the grand uses of the Lungs, and thereby laid the foundation of a scientific, rational, and certain method of elucidating and treating their diseases. For twenty years, with some interruptions, diseases of the Chest have been his study. To notice the effects of climate as a curative or preventive agent, he has visited twenty-three States of the American Union; also, England, Scotland, Ireland, Holland, Belgium, France, Italy, the northern shores of the Mediterranean, Switzerland, Sardenia, and Savoy; several watering-places of Germany, Prussia, the West India Islands, the Canadas, &c., &c.—seeking everywhere for knowledge and light on the diseases of the Lungs, making himself everywhere as fully acquainted as possible with the peculiarities of each locality, both in the nature and prevalence of Consumption, and the peculiar methods adopted for its prevention and cure by the highest professors and teachers of Europe and this country; as also by the untutored savages of this continent, who are well known to treat many diseases, and especially those of the Lungs, with great

success. To facilitate his researches, he has lectured at many different points on the borders of the Ocean, on the shores of the Great Lakes, in many of the great Valleys, and on the Highlands of this country, as well north as south; everywhere collecting most valuable and interesting materials for a very extensive work upon the diseases of the Chest and Lungs. He hopes ere long to finish his researches, and then complete his great work upon diseases of the Lungs, which he flatters himself will become for Physicians a guide to a successful treatment of Pulmonary diseases. These Lectures are intended as a Director to all classes in the prevention and cure of Consumption. Those who follow the directions will not, he thinks, be disappointed, but will each day realize their truth by the most gratifying personal benefits.

The writer's experience is derived from an observation of more than twenty-five thousand cases within the last eight years, besides all his previous practice.

To render the Lectures effective upon the reader, it is necessary that perfect confidence should be placed in the statements and conclusions. Great truths are taught, which, if fully understood, implicitly believed, and judiciously followed, would lead to an almost total annihilation of Pulmonary Consumption.

To obtain a share of this confidence, a few letters are subjoined from men of undoubted respectability and integrity; some of whom have known the writer for many years, even from childhood; others, who have had a thorough opportunity of noticing his practice and its gratifying results.

The reader will find at the close of the volume a full exposition of the method of treating Lung disease by "MEDICATED INHALATION." An effort is being made to mislead the public in relation to this practice; it is therefore important that the facts should be known.

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LETTERS, ETC

From Dr. Luther Brigham to Amos Binney, Esq., of Boston.

Lowell, January 4, 1844.

AMOS BINNEY, ESQ:

Respected Sir,—Allow me to introduce to your friendly notice, Dr. S. S. Fitch, of Philadelphia. I have known Dr. Fitch from his childhood. His grandfather. Dr. Ebenezer Fitch, of Connecticut, and his father, Dr. Chauncy Fitch, were celebrated Physicians. Dr. Ebenezer Fitch, so long President of Williams College, was his uncle.

Dr. S. S. Fitch, the bearer of this, is justly celebrated for his researches upon the uses of the Lungs, and the nature and treatment of Pulmonary Consumption. I think his opinion and advice on those subjects of great value. His patients in this place speak of him in the highest terms. Any favors you can render Dr. Fitch will be highly appreciated by his numerous friends, and by none more highly than by your old friend and humble servant,

LUTHER BRIGHAM.

Extract of a letter from Dr. Benj. West, M. D., to Dr. Gardner, of Providence, Rhode Island.

Nantucket, May 18, 1845.

My dear Friend: Permit me the pleasure to introduce to you Dr. S. S. Fitch, of Philadelphia, a gentleman who has been lecturing here on Consumption; one who is acquainted to a *surprising* extent with the subject in its most important bearings; and who, by his disinterested actions, has shown himself entitled to the respect and confidence of all with whom he may be brought into contact.

I bespeak for the Dr. your hospitalities and friendship.

Your Friend, BENJ. H. WEST.

Copy of a letter from R. R. Hinman, Esq., late Secretary of State of the State of Connecticut, to Professor Kingsly, of Yale College.

Hartford, October 17th, 1844.

PROFESSOR KINGSLY:

My dear Sir,—As Doct. Samuel S. Fitch, of Philadelphia, is about to visit

New Haven, upon the duties of his profession, I take the liberty of saying that I have had a personal acquaintance with him more than twenty years, that he sustains an estimable moral character, that he is not only a regularly educated physician, but that he has been eminently successful in that branch of his profession which he has particularly pursued for many years past. His travels in Europe at different periods of his life, and particularly his residence in London, has afforded him a fine opportunity to examine the many cases of consumption with which he has met in all climates and in every quarter of the globe. You can rely upon him as a gentleman of strict honor, skilful in his profession, and every way worthy of the patronage of the public.

Yours, R. R. HINMAN.

Copy of a letter to the Hon. Upton S. Heath, Esq., United States District Judge in Baltimore, Maryland, from Richard G. Belt, M. D.

Fall River, Mass., Aug. 2, 1845.

Dear Sir,—Allow me to introduce my friend Dr. Fitch, of Philadelphia, to your acquaintance. The Doctor has spent several weeks in this place, and delivered a most interesting course of lectures, which I had the pleasure of hearing, upon the origin and cure of Consumption, and all the diseases of the chest. The Doctor has effected many extraordinary cures in this section of the country, and in the city of Boston, of Consumption, after all other means had totally failed; of which he can produce the most satisfactory testimony. The Dr. has been laboring for eighteen years upon this most fatal disease; about five years of which were spent in Europe visiting the largest and most prominent Medical Institutions. I take pleasure in recommending the Doctor to any of my Baltimore friends, and believe he may be the instrument of restoring many to health who are now without hope. Any attentions to him will be gracefully acknowledged by

Yours truly, RICHARD G. BELT.

Copy of a letter from J. Hubbard Graves, M. D., to Dr. Wm. D. Buck, M. D., of Concord, New Hampshire.

Nashville, N. H., Oct. 20, 1843.

My dear Sir,—Allow me the pleasure of introducing to you my friend Dr. Fitch, of Philadelphia, who has recently delivered some lectures on Consumption, its causes and cure, in this place. On my announcing this subject, the idea of quackery may possibly strike you, but there you will be most agreeably disappointed. Dr. Fitch regularly studied his profession, both in this country and in Europe; and you will find him a man of strictly philosophical mind, who has thoroughly examined the theory which he advances. His ideas are not crude and confused, as those of quack lectur-

ers invariably are. You will find that they are clearly arranged, and that all his conclusions have been logically deduced. In fact, from what I have seen of Dr. Fitch, I am satisfied you will deem his acquaintance in the highest sense agreeable.

I am, dear sir, yours with much esteem,

J. Hubbard Graves.

Copy of a letter from E. H. M'Coy, M. D., to Dr. S. S. Fitch.

Harrisville, Harrison County, Ohio, July 1st. 1850.

Dr. S. S. Fitch:

Dear Sir,—I received your favor of June the 12th, and repaired to the city of Wheeling, to your Agent, Mr. Mellon, from whom I obtained your Six Lectures on the Lungs, breathing tube, &c. I found your Lectures of such absorbing interest that I did not leave my office until I had "devoured" the Book. I have reperused it several times with increased interest. *Indeed, I have learned more from this small volume on those subjects, than from all my twenty years reading besides.* I regard your book as shedding a flood of new light on this department of inquiry.

I have been much interested with what you call the mechanical treatment of *chest diseases.* Your medical treatment I wish very much to learn. You refer in your Lectures to a work you were preparing for the use of the profession, that work I want immediately. I could not hear of it in Wheeling. If it is out I wish you to inform me, and where I can get it. If its weight does not exceed three pounds, I would be much obliged if you would forward me a copy by mail, and I would remit the money immediately. If you cannot send it by mail, please forward me one to your Agent, Mr. Mellon, of Wheeling. Please let me hear from you again, in connection with this deeply interesting subject, and accept assurances of high esteem, &c., &c.

E. Halley M'Coy.

Copy of a letter from John W. Collins, M. D., to Wm. Haslam, Esq.

Hopkinton, R. I., January 23, 1851.

Wm. Haslam, Esq:

Dear Sir.—I have been personally acquainted for some years with Dr. S. S. Fitch, author of Six Lectures on the Uses of the Lungs, &c. I have had a fair opportunity of witnessing the results of Dr. Fitch's practice in Pulmonary and other diseases, and must say, I have great confidence in the Doctor as a very useful physician, and honest man.

John W. Collins, M. D.

[Doctor Collins is a very experienced, respectable, regular practitioner of medicine.]

QUESTIONS FOR INVALIDS.

☞ As I have had the happiness of relieving very many consumptive and other invalids whom I have never seen, I subjoin a number of questions of which the invalid, wishing to consult me by letter, will please answer such as may concern him adding any further remarks that may be necessary to a clear description of his case I can then give my advice almost as successfully as though the patient were himself present; still, if convenient, it is better that I should see him.

☞ Persons writing me, and wishing a reply, must enclose postage stamp, to pay return postage.

TO INVALID LADIES.

What is your name, age, occupation, residence, so a letter may reach you? Where born and brought up? Delicate or good constitution? Height? Slender or broad figure? Fleshy or lean? Erect or stooping? Chest full and straight, or contracted, flat, and stooping? What is your measure around the waist, just above the hips? What is the color of your hair, eyes, and complexion? To what diseases are your family subject? Any died of asthma, scrofula, heart disease, dropsy, cancer, or consumption? Are you subject to asthma or short breathing?—any humor, salt rheum, or skin diseases?—any head-ache, or pain in the chest, neck, spine, shoulders, back, stomach, bowels, sides, or limbs?—any sore throat, swelled tonsils, heat or dryness in the throat, weak voice, loss of voice, hoarseness, catarrh in head, nose, or throat? Any cough?—how long had it? Do you cough up any thing?—how much?—what kind, &c.? When cough most?—and when raise most? Ever raise blood?—how many times?—how much? On which side lay best, if either? On full breathing, do your ribs rise equally all over your chest, or do the ribs rise better on one side or part than another? Have you daily chills, or fever, or night-sweats? Are you confined to your bed, or room, or the house, or do you go out daily? Any palpitation, or distress at the heart, or stoppage of circulation? Are you nervous, or paralytic, or have fits? Any bad dreams, and their effects? Any dyspepsia, sour stomach, or distress, or pressure at the stomach? After eating, does food rise? Ever sick stomach to vomit? Ever any sinking, exhausted, all-gone feeling at top of chest, pit of stomach, or sides, or bowels, or across you? Appetite good, bad, or capricious? Bowels regular, costive, or diarrhœa? Any external, or bleeding, or blind piles, or fistula, weak back, heat in your back, or any part, hot flashes? Have a rupture? Suspect having worms? What kind? Any gravel or kidney complaints? Water stoppage, or free, or too much, scanty or scalding, or settlings? Cold or burning feet? Bloating anywhere? Much wind in stomach or bowels? Rheumatism or neuralgia? Any deformity? Ever any wounds? Long fevers? Took much medicine, or mercury? Fever sores? Bilious habitually? Married or single, or widow? Had any children? Suffered miscarriages, or floodings? Ever rise from bed feeling quite smart, but, on exercising, soon obliged to sit or lay down, all exhausted, or head-ache, and

discouraged? Natural periods easy, painful, regular, or irregular, or stopped? If so, how long, and why? In the family-way? Any bearing-down, or female complaints? What have you done for these complaints? Can you read aloud, or talk long, or walk well, or do light work, without unusual fatigue? Are you in indigent or easy circumstances? Have you good teeth? Do you work hard, go out much, or the reverse?

TO INVALID GENTLEMEN.

What is your name, age, occupation, or profession? Residence, so a letter may reach you? Where born and brought up? Delicate or good constitution? Height? Slender or broad figure? Fleshy or lean? Person erect or stooping? Chest full and straight, or stooping and contracted? Constitution delicate or robust? What is your measure around the waist, just above the hips? What is the color of your hair, whiskers, eyes, and complexion? To what diseases are your family subject? Any died of asthma, scrofula, heart disease, or consumption? Are you subject to asthma or short breathing?—any humor, scrofula, salt rheum, or skin diseases?—any head-ache, or pain in the chest, neck, spine, shoulders, back, stomach, bowels, sides, or limbs?—any sore throat, swelled tonsils, heat or dryness in the throat, weak voice, loss of voice, hoarseness, catarrh in head, nose, or throat. Any cough?—how long had it? Do you cough up anything?—how much?—what kind, &c.? When cough most?—and when raise most? Ever raise blood?—how many times?—how much? On which side lay best, if either? On full breathing, do your ribs rise equally all over your chest, or do the ribs rise better on one side or part than another? Have you daily chills, or fever, or night-sweats, short breathing, or asthma? Are you confined to your bed, or room, or the house, or do you go out daily? Any palpitation, or distress at the heart, or stoppage of circulation? Are you nervous, or paralytic, or have fits? Any bad dreams, and their effects? Any dyspepsia, sour stomach, or distress, or pressure at the stomach, after eating, or ever sick stomach to vomit, or food rise after eating? Ever any sinking, exhausted, all-gone feeling at top of chest, or pit of stomach, or in the stomach, or sides, or bowels, or across the bowels? Appetite good, bad, or capricious? Bowels regular, costive, or diarrhœa? Any external, or bleeding, or blind piles? Weak back? Have a rupture? Suspect having worms? What kind? Any gravel or kidney complaints? Water stoppage, or free, settlings, scanty or scalding, or too much? Any heat in your back or any part? Cold or burning feet? Bloating anywhere? Much wind in stomach or bowels? Pains in your limbs? Rheumatism or neuralgia? Any deformity? Ever any wounds? Long fevers? Took much medicine or mercury? Fever sores? Bilious? Clear complexion? What done for these complaints? How long? Are you married or single? Can you read aloud, or talk long, or walk actively, or do your work, without unusual fatigue? In indigent or easy circumstances? Do you work hard, or take active exercise, or the reverse? Dropsy or cancer? Have you good teeth?

DISCOURSES.

DISCOURSE FIRST.

ON THE USES OF THE LUNGS AND CAUSES OF CONSUMPTION.

We live in an age remarkable for its vast discoveries, for its wonderful developements in knowledge; developements which are giving us great control over the material world, annihilating time and space. At one moment, discoveries obtrude upon our notice in a gentle light; at another, they burst forth with the most brilliant meteoric glare, dazzling us with their splendor and awakening profound and wondrous anticipations of the future. Even now, so much more can we achieve than we could have done fifty years ago, that life seems almost to have doubled its value in that period.

Three hundred years ago, could a person have been thrown to sleep, and have continued in that state fifty years, on awakening and returning to the schools, he would have found the same books, the same mode of teaching, the same elements of thought, perhaps without a single change. Now, let a person remain in seclusion for no more than five years; on returning, he would notice many changes in the arts, and in all the active developements of human knowledge.

As an example: about fifteen years ago a celebrated oculist was accused of having said that, by cutting a few fibres of the muscles of the eye, cross-eyes, or strabismus, might be cured. He, in the public papers, declared this to be a libel; that he had never made

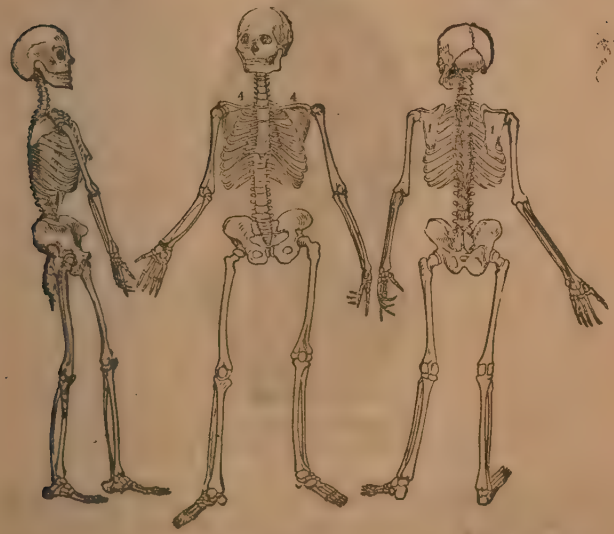
uch an assertion; considering it the height of absurdity. Within few years after, this operation was adopted all over the civilized world.

Perhaps very few persons are aware, or suspect, whither all these mprovements tend, or what is to be the final result. I answer, hey are all building up a science that now has not even a name. t is now like an open square in the centre of a great city, to which ll the ways tend, but itself is only open space. This science is the cience of Longevity—the science that tends to prolong human ife, and make all reach the limits of its utmost duration. It is ven now known that the duration of human life among civilized ations, is in the exact ratio of their increase in knowledge. In hose countries where knowledge is on the increase, in that ratio oes the duration of life increase among that people. For example: In 1760, the deaths in London were one in twenty-one f the inhabitants; in 1820, the deaths were one in forty-one; nd in 1850, one in forty-five; life having nearly doubled its duation in eighty years. At that same period, the deaths in Paris were ne in seventeen; now they are one in thirty-two. In New-ork, the deaths vary from one in eighteen to one in thirty-two nnually. This knowledge must increase among the people, as at his time, in venerable Rome, the deaths are one in twenty-five; nd in the polite city of Vienna, the deaths are one in twenty-two. he physicians of Rome and Vienna are fully as good authority in nedicine as those of London or Paris; but the mass of their popuation are remarkable for gross ignorance. Knowledge to each inividual is almost a palladium to his existence. You all know to vhat great reputation some physicians will attain in large cities. his is owing in part to the high intelligence of their patients, vhose sagacity and knowledge give almost double efficacy to medial remedies.

Correct knowledge to each individual in society, on the subject of ealth, is what is required. It is this which is my apology for prearing this work, and presenting it in plain English, hat all may ead it and have health.

Many diseases were once deemed incurable, which the progress

PLATE A.— *Views of the Human Skeleton.*



4—4, the Collar Bones. 1—1, the Shoulder Blades.

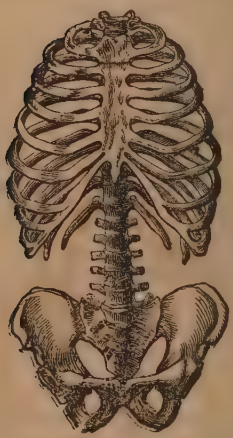
of knowledge has taught us are not so, but are now readily cured. As for example: the small pox, once sweeping away tribes and nations, as with our North American Indians. Dropsies, inflammations, &c., were usually fatal.

My own belief is, that there are no diseases for which successful remedies do not exist; but, owing to our ignorance, their prompt and timely application is not made, and thus the lives of millions are needlessly lost. Oftentimes perfect remedies become of no avail, from the ignorance or scepticism of the patient, or his friends.

A little correct knowledge in the mind of each individual will work wonders in preserving his health and multiplying his days.

Before I proceed further, allow me to call your attention to the skeleton. (See Plate A.) We live in a house. The human frame is a piece of mechanism put together on mechanical principles, and

PLATE B.



1, Breast-bone. 2—2, Basket of the Chest. 3—3, Basket of the Hips. 4, the Spine in the Loins or small of the Back.

acting in all its parts mechanically, or mainly so; the only exception to this is, in the chemical changes and galvanic or electric exchanges that take place in the actions and secretions of the various assimilating organs of the system, and in the supply of power to the nervous system. But the whole human frame and all its parts constitute in the whole one great machine, whose harmonious action confers general health.

The skeleton, or framework, on which all is built, besides the upper and lower limbs, is naturally divided into four chambers: 1st, the skull; 2d, the chest; 3d, the abdomen; 4th, the pelvis, or basket of the hips. (See Plates B and A.)

The first chamber I will notice, is *the skull*. This is a dark chamber, remarkable for being the room in which the brain is located, and is also remarkable for the place where mind and matter meet. In the brain resides that inscrutable and awful being, the human soul. The eye does not see, the ear does not hear, all the senses are only means and instruments that convey knowledge to

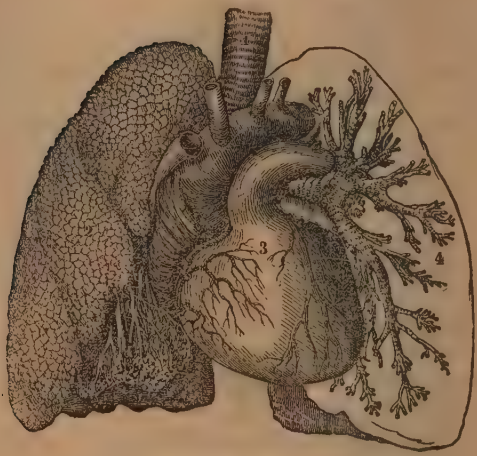
PLATE C.

1, the Windpipe. 2—2, the Lungs. 3, the Heart. 4, the Midriff. 5, the Stomach. 6, the Liver. 7, the Gall Bladder. 8, the Large Bowel. 9, the Small Bowel.

the soul. The soul is imprisoned in this dark chamber. Its food is knowledge; no man can explain—no man can comprehend it. It is an emanation from the Most High; and in control, holds the same relation to man's body that the Almighty does to it. Imprisoned now, it will one day leave its prison-house, and wing its way to immortality.

The chest is a basket of bones, formed in the male like a sugar-loaf, and open at the bottom. (See Plate B.) The ribs of this basket are tied in front to the breast-bone, by elastic cartilages, which, for perspicuity, I will call India rubber. By this construction, the chest is made flexible, expansible, and compressible. It is the only bony cavity of the human frame that can be enlarged or diminished at one's will. So formed is it, that any person choosing a full fine chest, can have it; and any one choosing to have a

PLATE D.



1, Windpipe. 2, Right Lung, or Great Air-Bag. 3, Heart. 4, Left Lung half cut away, showing the air pipes and air cells. 5, Midriff, or floor of the Lungs.

contracted small chest can be gratified. This flexibility of the chest continues with many and most persons to old age. It is in highest perfection in young persons. The chest is separated from the abdomen by the diaphragm, or midriff, which is a fleshy substance, or floor, that is loose, and floating upwards into the chest on expiration, and falls downwards on inspiration: working up and down as we breathe. (See Plate C.)

On each side of the chest are situated the lungs: a couple of air bags, folded in such a manner as to present a vast surface to the air. (See Plate D.) The lungs, like their envelope, the chest, are *flexible, compressible, and expansible.* The heart is situated between the two lobes of the lungs, and under the breast-bone, towards its lower portion, including a little to the left side. (See Plate D.) The lungs will bear moderate compression and expansion, without immediate disease, but the heart will not.

A great many cases of heart disease are produced by a contraction of the chest, so that the heart has not room to play. I have often cured seemingly fatal diseases of the heart, by enlarging the size of the chest; of which I shall speak in another place.

The left lung is smaller than the right. It is divided into two lobes, whilst the right has three lobes.

The lungs are formed in cells, or leaves, if you please, like the honey-comb, or a sponge. Each cell has walls; and on the thickness or thinness of these walls depends the health or disease of the lungs; as all changes in the lungs commence by rendering their walls thick, or rather by external pressure, or internal engorgement of the walls of the air cells, these cells become smaller, or are entirely closed.

Each air cell is in communication with the air pipes, from which it is filled with air at each inspiration, and through which it empties itself at each expiration. The air cells may be compared to grapes, and the air pipes to the stems on which those grapes hang.

Now it is utterly impossible to have pulmonary consumption so long as the air passes freely into and out of each air cell, and thus keeps all the walls of the air cells thin, and free from engorgement or deposition of foreign matter; and they will be kept perfectly free from such engorgement, or deposition of matter, if the air fully inflates each air cell at each inspiration.

Allow me to repeat, pulmonary consumption is caused by a general or partial closing of the air cells, either from external compression, internal engorgement of the walls of the air cells, or a deposition of foreign matter in the air cells, as chalk, bony matter, &c.; which last is very rare. *It is utterly impossible to have pulmonary consumption, unless the air cells are more or less obliterated. The disease progresses as the air cells are progressively obliterated.*

A portion of healthy lung will float on water; a portion pulmonarily diseased, will sink in water.

From vast observation and experience, I unhesitatingly assert that consumption is one of our most curable diseases; and it is easier prevented and warded off than any hereditary disease to which we are inclined.

PLATE E.

1, Windpipe. 2, the Gullet, or pipe that conveys the food from the mouth to the stomach. 3—3, the belts covering the front of the abdomen.

USES OF THE LUNGS.

On a correct knowledge of the uses or functions of the lungs depend all correct views of their diseases, and of their treatment. It is well known that in all great pieces of machinery, both natural and artificial, we very often find one grand leading purpose, and then comes an important but subordinate purpose.

In nature, let us consider the sun: its first grand purpose is to keep the planets in their places; its subordinate purpose is to furnish light and heat to those planets.

In art, observe a watch: its first grand object is, by the movements of a pendulum, to mark the progress of the sun across the heavens. It might be a perfect time-keeper, with only this movement; but in order to make it useful to us, that we may be informed of the progress of the sun, another subordinate movement

is added, by which hands are moved along a dial plate; thus counting to us the lapse of hours and minutes.

Again: Lead two savages into a flouring mill; on leaving that mill, one may be supposed to ask the other its grand use. At once he replies, it is to separate the coarse and fine parts of that powder from each other. No, says the other, that is not the principal use of the mill; it is to crush the kernels of wheat into powder. The former, by only noticing a subordinate function, arrives at a very false estimate of the importance of the mill, or the magnitude of its operations.

So with the lungs. It is one of the most singular facts connected with the history of the human mind, and the progress of knowledge, that from all time it has been known that the human frame is a machine, exhibiting everywhere most perfect mechanism; yet no human being has ever asked, "What is the power that moves this machinery," or whence is derived the ability to continue the movements of that machinery. One would suppose, that in the earliest dawning of knowledge this question would have been asked and answered.

Why has not some one, long ago, stumbled upon it; so numerous are the facts that, like a finger-post, have ever pointed to it? Nearly all writers upon the uses of the lungs make the chief use of those vast organs to purify the blood. Others allow, that they introduce a large quantity of oxygen into the blood. The blood, on arriving at the lungs, is of a dark color; and on leaving, is of a light vermilion red. This is owing to a loss of carbon, (coal,) thrown out of the blood in the lungs. Yet this loss is not more than could be separated by two glands half the size of the kidneys; and does not at all account for the vast size of the lungs, so disproportionate to this object. To purify the blood of this carbon, is only a subordinate function:—by dwelling so long on this, and making it nearly final, much of the darkness on this subject has arisen, with all its deplorable effects.

What are the grand uses of the Lungs?

In 1827, whilst pursuing some investigations in Philadelphia, upon Nervous Influence, preparatory to my graduation thesis,

discovered, what I conceive to be, the grand uses of the lungs, and their first great purpose. In those researches, I was led to ask, what it was that gave support and power to the nervous system. I traced this support to the lungs; and at once, and forever, to my mind, all darkness upon the uses of the lungs disappeared.

If any one of my readers can tell me why we breathe harder in running up stairs, than in running down, he can tell me what are the principal uses of the lungs. I have often asked this question. I never met but one person who made even an approximate answer.

But what are the uses of the lungs?

I reply: They give to the human machine its power of action. This power exists in the atmospheric air; and the lungs are the medium by which, and through which, that principle which gives the human machine its living power is conveyed to it.

The lungs have the same relation to the human machine that the water-wheel has to the mill it moves. The air is the same to the lungs that the water is to the wheel: shut off the water from the water-wheel, and it soon stops; shut the air from the lungs, and they as soon stop, and all the system with them. Where there is no air, there is no action; and the consumption of air in any living machine, is in the exact ratio of its size and action. It is most likely that, in all animals, the same amount of action requires exactly the same quantity of air.

We see, in running up stairs, the lungs, before quiet and easy in their movements, at once double and quadruple their action, and, if the exertion is long continued, are lashed into most active and even violent pantings; whilst not the least increase of action is observed in running down stairs—because there is no increase in the consumption of power, for no increase of power is required Exactly in the ratio of the consumption of power, will be the action of the lungs and consumption of air.

To illustrate this subject, allow me to present a few examples, familiar to you all. It is of vital consequence that we perfectly

understand the uses of the lungs; do this, and they will become as playthings to us.

USES ILLUSTRATED.

The first example I will give you is that of the race-horse. Ask any stable groom upon what depends the value of the race-horse, and he will tell you, not on the swiftness of his heels, but upon his bottom, his wind, his lungs. Many horses could outrun Eclipse, at one mile, that would be dead on the course long before they could accomplish sixteen miles. This truth was known long before the days of Homer. If any man does not know it, get a broken-winded horse, and endeavor to urge him into speed, and he will soon know.

The next example I will mention to you, is the difference in the strength of men and women.

We all know that women are weaker than men, but why so I am not aware has ever been explained, nor can it be, except by reference to the uses of the lungs. The lungs of women are one-third smaller than those of men, as an examination of their chests will instantly prove. In those two beautiful remains of Grecian sculpture, the Apollo of Belvidere in Rome, and the Venus of Medicis at Florence, to which pilgrimages are made annually by thousands of admiring observers, this rule holds: the breast of the Apollo measures three, the Venus two. These statues owe their value to their truth and fidelity to beautiful nature. It is written on the frame of woman, that she can never surpass man in physical strength; she conquers by her charms; her lungs are a third smaller than his, consequently her physical strength is always less.

Again: observe the difference in the strength of different men. Were you required to select the strongest man of your acquaintance, would you select a man with a flat thin chest, long neck, and narrow round stooping shoulders, or would you select a man with a wide, deep, round chest, and broad heavy shoulders. There can be but one answer. You would choose the man with large lungs, and you would not be disappointed. You would find his strength

in the exact ratio of his pulmonary developement, other things being equal.

The difference in the strength of different men is immense, and the difference in the size of the chest forms a very striking characteristic in such cases.

So of Northern nations: we find them always conquering Southern nations, because of their superior physical strength, derived from larger lungs, from breathing purer, denser, and more nourishing air.

Again: observe a man about to lift a heavy weight; as he stoops to raise it, his last act is to fill his lungs to their utmost expansion, and if a great effort be required, he does not suffer the air to leave his lungs until the feat of strength is accomplished.

Another striking instance is in the use of the right arm. It is seen with all the inhabitants of this globe, that the right arm is preferred in its use over the left; in other words, that all men are right-handed, as a general rule. Some very unsatisfactory reasons are given for this. The true reason is found in the fact, that the lungs give us the power of action, and that the right lung is larger than the left; hence it gives more power to the right arm. I have often seen the right arm hang quite powerless at the side by extensive disease of the right lung.

Very rarely we find persons left-handed. I believe in all cases where they are left-handed, the left lung will be found to be the largest. I have often had an opportunity of verifying this fact; so that being left-handed is not a matter of capricious or accidental choice in the infant, but is owing to the left arm being the strongest, because the left lung is the largest. This explains why it is difficult to make a left-handed child prefer to use the right hand, and thus become right-handed, when nature in its formation has ordained it otherwise, by making the left lung the largest—and thus the left arm the strongest.

Take two brothers, one brought up in sedentary pursuits in the city, the other brought up and leading an active and laborious life in the country: after the lapse of a few years the brother in the country will be found to possess in a vast many cases double the

physical strength of the brother in the city, and not half as inclined to pulmonary consumption.

We talk of the power of the steam engine, and are struck at its wonderful performances: but there is a power that laughs at the steam engine, and that is the power that is developed in the eagle. In him we see an animal that poises himself high in the heavens, and, almost with the rapidity of lightning, sweeps to the earth, and seizing a living animal of nearly or quite his own weight, flies away with him to the top of Mont Blanc. This is power acting upon mechanism. We know of nothing in man's art that will compare with it.

Now what is peculiar in the eagle? First, his lungs are as large as can be stowed in his body; secondly, the air is made to fill all his bones and quills, and finally is poured through the cellular tissue, and spread upon the living muscles, so that they may feed upon the air without the intervention of the lungs.

In the case of the eagle, science says this universal diffusion of air in his quills and bones, &c., is to buoy him up in the sky. Not so; for if you strike him in the sky, he falls to the earth as suddenly as any other body of the same weight and space. It is to give him more air to consume, as no lungs can be given him sufficiently large to give air enough to generate a power sufficient for the wonderful feats of strength he is called upon to perform.

Many migratory pigeons that travel fifty miles an hour, that you can hold upon your hand, consume more air than some females.

Again: go down the scale of beings, and take those animals who, for a greater or less period of time, suspend all action, and you find that the lungs consume little or no air at this time, as in the case of the frog imbedded in stone or clay, for indefinite periods, perhaps hundreds of years.

So with the hibernating bear, who breathes scarcely once in several minutes. In all cases it will be observed, with no exception whatever, that in all animals the action of the lungs will be found to correspond exactly to the consumption of power; and, as I have before remarked, where there is no air, there will be no action.

The importance of fully understanding this subject may be inferred, by knowing that the larger the lungs and the more perfect their de-

velopment, the less they are liable to pulmonary consumption. That the more they are exercised, the larger they will become; that as we take active or laborious exercise, our lungs will be continually enlarging; and that on the contrary, indolence, want of exercise, &c., will render the lungs smaller and smaller, until by absence of air the air cells then will close up and collapse their walls, as a bird folds up its plumage.

By this we also learn that pure air, and even cold air, because more dense, is the best friend of the lungs, and should be resorted to with the greatest confidence, both to prevent and cure their diseases.

Pure air is the food of the lungs, and diffuses through them, life, energy and activity, into the system. In the pursuit of any science, if many minds of equal power and endowment investigate a subject, and arrive at far different conclusions, diverging from each other like the spokes of a wheel, we may be certain they have started wrong; that their premises are erroneous. As for example, the hieroglyphics of Egypt. On many monuments, tombstones, obelisks and pyramids in Egypt, are observed numerous inscriptions, paintings, &c., drawn or engraved upon the solid granite. For more than fifteen hundred years a knowledge of the meaning or purpose of these inscriptions was lost to the civilized world. Books and almost libraries were written to prove their uses, some making them one thing, and some another, until recently it was hinted that these very pictures were alphabetical letters. No sooner was this idea fairly stated, than an alphabet was commenced and gradually completed, until now these Egyptian writings are read with the facility of the inscriptions on the tomb-stones in our grave-yards. All the wretched speculations of the once would-be learned scholars have been dissipated and proved to be the absurdity of ignorance.

We now learn that what was supposed to be a cloud, covering most inscrutable mysteries, are only simple records of men's actions, wishes, lives and deaths, and were once familiarly read by all the stone-masons of Egypt.

Now this is precisely the condition of our knowledge in regard to the lungs, their uses and diseases; a perfect cloud rests over them, because their uses are not well understood. Their grand purpose is

entirely overlooked, and unknown by the mass of medical and other men.

This is shown in their practice and its results. No two of any experience agree in their practice. I do not know that I ever met two physicians who were of any eminence, and not mere imitators, who thought or acted alike in treating consumption, or who had the least notion how it might be prevented. Nor have they any confidence in their own practice: in few cases have they the least hope of curing the disease, or of preventing it. Go to them to treat a pleurisy or lung-fever, or inflammation of the lungs, and they do it skilfully; but tell them the patient has consumption, or is threatened with it, and at once all is doubt and darkness. One tells him to go to a warm climate—another says, go to a cold climate; one says, keep in the open air—another says, shut yourself up in your room in all cold, damp, or windy weather. One says, we can cure consumption if we can stop the motion of the lungs, and so directs his unfortunate patient not to breathe much, and to restrain his breath as long as possible; one tells him to breathe the air when out of doors, but another commands his patient to wear a respirator and cover his mouth, and not to allow the cold to touch his lungs, &c. One blisters the chest, or makes awful sores upon it; another rejects this, &c. One bleeds and reduces the patient, another stimulates him and gives tonics.

In one thing they nearly all agree, and their experience is alike, that their patients nearly all die. This universal mortality among their patients keeps them all in countenance, and inspires confidence that their practice is right.

Nothing daunted, a learned physician will conduct all the members of a family to their graves, one after another, giving the same remedies to each, and never once suspecting that his practice is wrong, or that it can be changed for better.

Intimate to the medical body that consumption is a curable disease, and at once such an idea is denounced as the height of folly or knavery.

What results from this darkness of the medical faculty? Why, the whole land is covered with a pall; nearly one half of the adults, when they die, die of consumption or diseases of the chest.

The whole population are running everywhere for aid. All confidence in the regular medical faculty, for consumption, is lost; nobody respects them, and they do not respect themselves on this subject.

Allow me here to say, from great experience, that nine-tenths of all that is laid down in medical books, taught in medical schools, or pursued in medical practice, for the prevention and cure of consumption, is calculated to create the disease, not to cure it.

Another most startling fact grows out of these premises, which is, that our oldest and most eminent physicians, every where—those standing highest in the communities where they reside, having the most influence, and most addicted to written authorities, and regular precedence, in fact, called the head of the medical profession—are the poorest possible authority on consumption, except to record its fatality. Their consumptive patients all die, without a single exception; and for this we have their most emphatic authority. Dr. Nathaniel Chapman, who has been for a great many years Professor of the Theory and Practice of Medicine in the University of Pennsylvania, in a recent publication, denounces a man who professes to cure consumption, as sinking himself to the most degrading charlatanism; and solemnly declares, that in a practice of fifty years, he never has seen a case of seated consumption cured. This, my readers, is a record of his practice; and of nearly all, with scarcely an exception, in the regular faculty, up to this time; and most fully confirms all I have said upon the awful destructiveness of their practice. This leads me also to call to your minds, that nearly all the higher classes in the United States, who only employ the old school physicians, when struck with consumption, die of it. Whilst with the more independent, and thinking classes, not trammelled by fashion, not reverencing more names and pretensions, but fly from such persons, and ask for facts, demand cures, find often, at last in perhaps an obscure old woman, or some illiterate person, that aid which could not be obtained from their regular and "world and time-honored physicians." This want of success of the school-bred physicians is owing to their profound ignorance of the uses of the lungs. Why do they not at once, as honest men, tell their consumptive patients, we cannot cure you, and leave them to nature and its resources, without adding to their sufferings the accumulated

and accumulating ills of drugs and medical remedies, that, in nine cases out of ten, hurry them to their graves, and deprive them of all comfort whilst living. I have known many old physicians, who at last, overwhelmed by their ill success, say at once to their patients, let medicines alone, and trust to diet, change of air, and nature. It is a fact, that in ninety-nine cases out of a hundred, patients left to themselves will live much longer without the usual medicines, than with them. Woe then, to you, consumptives, who put yourselves in the care of those who pronounce consumption always incurable.

Let me here enter a solemn disclaimer of any unkind feelings towards any physicians. No man better than myself, knows their sacrifices, their great benevolence, and disinterested efforts in behalf of sick and suffering humanity. None admit more fully than they, all that I have said on the insufficiency and even mischievous nature of their practice, and on its deplorable effects on medical reputation. None would go farther, or do more than they, to introduce a successful practice in the cure of consumption, or rejoice more to see it fairly classed among curable diseases. But, alas, in our profession, a few high priests dictate to all the rest, and the laity of the profession consent to receive instruction only through these oracles. My father, my grandfather and brother, were regular, eminent, and respectably educated physicians. I cannot bear ill feelings towards physicians. No one respects them more; but I do deplore their ignorance of the uses of the lungs, and causes of consumption; and most of all, their ignorance of even rational practice in pulmonary diseases.

One excuse is found, and a good one, that no books teach correctly the uses of the lungs; hence arises all the darkness, insufficiency and mischief of the ordinary practice. Again: let me say to physicians, I have no secret remedies; call on me, if you choose; you will find me always friendly, and the little I know is at your service.

Allow me, before I go farther, to refer to one most interesting fact in the history of the spread and prevalence of consumption. It is found in the history of the American Indians,—at one time numbering many millions of people, and inhabiting from the most extreme point north, to Patagonia, south; embracing all varieties of climate and location; dwelling in the frigid, temperate and torrid zones; occu

pying every variety of situation, on the seaboard, on the borders of the lakes, on the tops of the highest lands, and in the most secluded valleys; on the wide-spread and open prairies, and in the most arid deserts; the countries of the greatest humidity, and where it rarely ever rains, as in Peru; yet in all these countries, and every where, such a thing as a case of pulmonary consumption has never been observed, while those people remained in their savage state. Bring them into our settlements, civilize them, educate them, and let them adopt our habits, and they become as liable to consumption as we ourselves.

It is eminently due to ourselves and our subject, to notice the peculiarities of the savage Indian, as compared with ourselves, and to seek for some light to elucidate the frequency of pulmonary consumption.

By what peculiarities is the Indian distinguished from the civilized American? 1st. The American Indian is remarkable for the perfect symmetry of his figure. "Straight as an Indian," is an old proverb, whose truth is instantly recognised by all who have ever seen the wild Indian: his chest is perfect symmetry, his shoulders and shoulder blades are laid flat against the chest, and the whole weight of his arms, shoulders, and shoulder blades, is thrown behind the chest—thus always expanding, instead of contracting it; the naked chest, and whole person, is often exposed to the open air; they are much out of doors, indeed, rarely in-doors; breathe the pure air, never stoop in gait or walk, and pursue no avocations that contract the chest, or prevent its free and full expansion; often wash themselves in pure cold water; exercise the lungs freely by active athletic exercise; running, racing, the chase, frequently dancing, and shouting, &c., most vehemently, nearly every day. The same holds true in regard to animals. Animals in their wild state never have the consumption: whilst the same animals domesticated have it—as the monkey, the rabbit, the horse. &c. *Consumption is a child of civilization; results chiefly from loss of symmetry, and from effeminacy, induced by too much clothing, too luxurious living, dissipation, too little exercise, and debilitating diseases and occupations, and poison in the blood*

PLATE F.

1, Consumptive Chest and Figure. 2, Not Consumptive.

CAUSES OF CONSUMPTION.

The causes of consumption may be divided into three great classes.

First: Mechanical causes, loss of symmetry, external and internal; inhaling dust, &c.

Second: Effeminacy and debility of the constitution.

Third: Poison.

We have remarked before, that consumption could never take place until the air cells of the lungs are closed, and so disposed that

the air does not fill them well when we breathe; and that when every air cell is freely open, at each inspiration, no consumption can ever exist.

The first cause of consumption I will notice, is, any external cause that contracts the basket of the chest upon the lungs, by any external pressure. This is produced by the weight of the shoulders, arms, and shoulder blades being brought forward on the chest. (See Plate F.) The collar bones are shoulder braces, and occur only in man, and are intended to keep the shoulders off the chest; but if long pressed upon they yield and bend. Pressure upon them depresses the breast bone at its lower end, breaks it down towards the back bone, causes the breast bone to press upon the heart, and allows the ribs to press upon the lungs, thus causing an artificial collapse of the lungs by external pressure. The structure of the lungs is so elastic, that they yield to the slightest external pressure, and allow the capacity or size of the chest to be diminished daily; in fact, the substance of the lungs offers no resistance to a shrinking of the chest, as the largest lung, when perfectly collapsed, is not larger than an ordinary fist, if so large. The weight of the arms, shoulders, &c., thrown forward upon the chest, causes it to collapse daily, unless resisted by most forcible and constant strong breaths, or inspirations of air. To delicate persons, the least inclined to chest diseases, this position of the shoulders is one grand cause of consumption. In fact, any position of the shoulders, by which the weight of the arms is made to bear across the chest, or upon it, instead of hanging down, so as to draw the chest backwards, will contribute powerfully to diminish the size of the chest—press upon the lungs, and close the air cells—to prevent a free circulation of blood through the lungs, and thus tend to produce imperfect breathing, bleeding at the lungs, deposit of tubercles, and all the horrors and realities of consumption. (See Plate F.) It is for this reason that all mechanical employments that cause us to stoop forward will tend to injure the chest; in truth, every position forward of the erect is a producing cause of consumption. Who are those that contract these bad positions? I might at once say, all Americans over three years old, and vast numbers of Europeans. If there is any characteristic that would apply to the Americans, as a nation, it is round-shouldered. The habit

of contracting the chest, by stooping, is formed in multitudes at school, by sitting at low tables or no tables; by sitting all in a heap, either in school or out of school, by not holding themselves erect, either sitting or standing. It is a matter of habit in a great degree, in tailors shoemakers, machinists, clerks, students, seamstresses, in fact, all whose occupation causes them to stoop at their work, or at rest, or at their pleasures, or amusements. (See Plates F, K, T.)

Passing by the position of the arms, shoulders, and chest itself, another most fruitful cause of consumption is wearing the clothing too tight around the base of the chest, so as to diminish the size of the waist. Millions from this cause sleep in untimely graves.

A great deal has been said and written against tight-lacing. It is not entirely peculiar to ladies. It occurs in both sexes. The effect, however, is deplorable in the extreme; it prevents a free expansion of the lungs, closes the air-cells of the lobes of the lungs at their bases; impedes greatly the circulation of the blood, produces shortness of breath, hurried breathing, and extensive closing of the air-cells of the lungs, bleeding at the lungs, &c.

Consumption usually begins in the top of the lungs; but many cases occur when the waist has been greatly contracted, in which tubercles are first deposited in the bases of the lungs, and by their softenings produce one of the most intractable and incurable forms of consumption.

I once knew a lady, who, at nineteen, chose to have the smallest waist in the neighborhood. Small waists were then and there considered by the young ladies as most desirable. She would lace her stays as tightly as she could wear them by day, and at night would sleep in them. Before going to bed, she would tie one lace-string to the bed-post, and holding the other, would throw her whole weight on the strings, so as to contract the chest very much; indeed, she soon had a perfect wasp or hour-glass shape. She was in no way predisposed to consumption. In a few months, from perfect health, she sunk away into a species of apparent consumption, and died a most awful death, from the dreadful throes and efforts to breathe which characterised the disease for some time before she died. After death her body was opened, when it was found that the liver, the

upper part of the stomach, the midriff, the heart, and lobes of both lungs, had all grown together; and in this way produced an untimely and fearful death. Great contraction of the base of the chest is a serious misfortune, as it utterly prevents a full development of the lungs, consequently they will always be weak, and disposed in such persons to consumption.

A striking and almost demonstrative proof, that consumption is caused by want of expansion and exercise of the lungs, is found in the fact, that disease always begins first in those parts of the lungs least expanded and exercised, which are in nearly all cases the tops of the lungs; whilst the bases of the lungs, that are usually much exercised, are rarely ever diseased until late in the progress of consumption. In some rare cases, either from rheumatism, pleurisy, or tight-lacing, the bottoms of the lungs are least exercised, and consequently first diseased.

Supposing the shoulder blades, shoulders, and all the chest to be in perfect symmetry, and to be well developed, and the base of the chest well expanded, also the air cells, in fact a perfectly healthy chest and lungs, there is another formidable enemy to them, arising from a relaxation or weakness of the natural belts which cover the abdomen, by which free expiration of the air is prevented. There we have loss of symmetry action on the floor of the lungs.

FALLING OF THE BOWELS.

By referring to Plates C and D, you will there see the lungs, heart, and liver, stomach, bowels, and midriff, all in their places in symmetry. You will notice the lungs are wedge-shaped, with their small ends uppermost; the heart weighing considerable, the liver weighing some pounds, and the stomach and large and small bowels, &c. The chest, you will see, is a basket of bones, (look at Plate A,) and open at the bottom, so that on setting up the trunk of the body, all the organs incline to fall downwards to the groins and into the basket of the hips; and they would all fall through, causing instant death, if this were not prevented, and these all kept up, perfectly and beautifully in their places, by the basket of the hips falling backwards, and by the

natural belts that cover all the front and sides of the trunk of the body, which arise from the ends of the breast bone, and the lower edges of all the short ribs and back bone, where there are no ribs; the upper edges of the hip bones, and from the cross bone, that goes across the lower part of the abdomen, these belts are very strong, perfectly flexible, and are found in three layers; so that when in health, the stowage of the trunk of the body and all the internal organs is perfect. No jarring of any of the organs takes place on walking; all the inside of the body is kept perfectly firm and tight, yet elastic. These abdominal muscles, or belts, act a most important part in the functions of breathing, speaking, &c. (See Plate E.)

The midriff, or diaphragm, (see Plate D,) is a fleshy partition drawn across the base of the chest, and fastened to the middle of the chest and to the breast bone, and ends of the short ribs, and back bone. On its sides it is entirely loose, and its loose portions open up into the chest, like inverted bowls, rounding up against the base of each lung, but not much against the heart. It is the floor of the lungs.

When we draw in the air, the midriff draws downwards, and allows the lungs to fall down and fill full of air; and at this moment the abdominal belts contract themselves, and draw back against the lower bowels, and at once dash the liver and stomach and all the bowels upwards: so that the liver and stomach start upwards into the loose parts of the midriff and drive it against the bottom of each lung. This impulse at the bottom of the lungs is felt up to the collar bones, when the abdominal belts are healthy and strong; by which contrivance the air is forced out of the lungs, and the upper part of the lungs are fully expanded, and all the upper air cells fully distended. A little reflection will convince you of the indispensable necessity for good lungs and healthy breathing, that the abdominal belts should be perfectly strong and healthy. (See Plate E, for a view of these belts, to which we shall again recur in another discourse.)

On the contrary, if these belts are weak from any cause, the respiration becomes feeble; talking long, or reading loud, is impossible without great fatigue; aching of the lungs, pain and dragging down in the top of the chest is produced—as also shrinking of the chest under the collar bones, so that the latter stick up very much; the tops

of the lungs collapse, and the air cells close more or less, in which state they are exposed to a deposit of tuberculous matter. The blood circulates imperfectly through the lungs, and they readily become full of blood, and bleeding at the lungs often takes place; great weakness and sinking, and twitching, is felt along and at the end of the breast bone; wheezing, breathing, shortness of breath, &c., a dragging down, fatigued feeling at the collar bones, or in some parts of the chest, and a constant disposition to stoop, not being able, or not feeling able, to sit or stand erect. In a great many cases this is impossible; a hacking cough, and at first a dry irritating cough, is apt to arise; weak voice and sore throat, pains about the windpipe, and dryness in the throat. In a great many cases of bleeding at the lungs, it will be found that weakness of the abdominal belts is the grand cause. By this the floor of the lungs may be said to be knocked out. On attempting a long breath, it seems lost, and on drawing in a long breath, the short ribs and lower end of the breast bone, in place of opening when we inspire the air, seem to close around the base of the lungs, seeming as if a cord was drawn around them. Breathing becomes difficult, and much exercise of the lungs seems impossible. A great many consumptions in both sexes begin with pain and weakness across the bowels, aggravated by talking, singing, &c., complete loss of voice at times. Bleeding at the lungs is often preceded by a sinking, hollow, deathly feeling, more or less for months, at the pit of the stomach, or about the sides somewhere, in a greater or less degree. In cases of much relaxation of the abdominal belts, in walking, the lungs jar and tremble at every step. At times the breath seems lost. This subject is well illustrated in cases of pregnancy. All physicians and observers know how promptly pregnancy will stop the progress of consumption, and that it will seem suspended in bad cases until the birth of the child. In a great many cases, pregnancy will and does cure early consumption, and could the child be carried in the womb for eighteen instead of nine months, nearly all consumptive mothers would be cured.

This is done by the womb, with all its contents, rising up into the abdomen, and forcing the liver, stomach and bowels upwards, so as to lift up the floor of the lungs, enlarging greatly the size of the waist,

and spreading the short ribs. The lungs feel the upward pressure to the collar bones, so that even moderate breathing will expand the tops of the lungs. All the benefits to consumptive ladies in pregnancy may not arise from mechanical causes only; but I am inclined to think they confer the largest benefit.

Again: on the cessation of pregnancy, the floor of the lungs suddenly loses its support; and unless fully supported and relieved, they sink down; the breathing becomes difficult; the lungs are most imperfectly filled, the cavities before closed by the lifting up of the lungs, which have not healed, now gape open; the disease again starts with accelerated pace and fury, and death soon closes the scene. During pregnancy, the lungs are placed in a most favorable condition to be cured. If in any way diseased, this period should by all means be improved, to give perfect health to the lungs.

I am disposed to the belief, that about one-third of all the consumptions originate from weakness of the abdominal belts. In my discourses to ladies and gentlemen, this subject will be again resumed.

EFFEMINACY AND DEBILITY, A CAUSE OF CONSUMPTION.

The next great cause of consumption I will mention, supposing the chest to be in perfect symmetry, the floor of the lungs sustained by firm abdominal belts, no sinking or weakness at the stomach, no jarring of the lungs on walking. This cause proceeds from the habits and constitutional condition of the system itself, comprised in two words, effeminacy and debility.

I have told you that the lungs are the medium that gives us the power of action. This power is in the air; the lungs taking it from the air and conveying it through the blood to the whole system. The action of the lungs, the full and complete expansion which we desire to produce at each breath, will depend on the exercise of the individual —so that all trades, occupations, professions, or employments, whether for recreation or profit, whether from voluntary or necessary indulgence, that prevent our taking active exercise, will incline to a rest of the system, diminished consumption of its power, and consequently

a lessened action of the lungs, exactly in the ratio in which the exercise of the whole system is lessened. The reader can easily fill up the catalogue from all the sedentary mechanical trades; all students —those professions where there is much talking and little exercise, as clergymen, teachers, lawyers, and auctioneers. The last rarely have the consumption, because they usually take much exercise and often speak out of doors, and have freely expanded the lungs by speaking in the open and cold air.

Lawyers have less consumption than clergymen; because they usually take more exercise and speak on a level or at the feet of their auditors, instead of being lifted up into more rarified, attenuated, and heated air, as is the case with the clergy in most cases. Indolence, in all its forms of indulgence, lessens the action of the lungs. This will be found a most fruitful cause of consumption in the easy classes of the United States of America.

The contrast between the easy classes in England and in America is most striking. In England, all work almost instinctively to accumulate wealth, intending to retire and spend the remainder of their days in active repose, if I may use the expression; in other words, to throw off the cares of business, and enjoy the delights of out-door—of active —of country exercise, in the open air; by walking, as the first best exercise; next, by horseback exercise; next, the carriage; lastly, gardening and rural occupations, field sports, the chase, &c.

Nearly every Englishman, however deeply immersed in business in the most secluded solitude of London, hopes and desires one day to expatiate in the country, and spread himself on broad acres.

In the United States of America, nearly all of our easy classes in the most active pursuit of wealth, never think much of exercise, or, at any rate, shrink from the contemplation of its fatigues and the disagreeable sacrifices of ease and personal indulgence it involves.

Almost all our gentry perfectly hate a country life, eschewing it most religiously, if they have the means to live in the city. In very many cases preferring quite a mediocrity in the cities and villages, to rural independence.

The result of this is, that consumption prevails much less among the best classes in Europe, whilst it is almost an epidemic among the easy

classes in this country. Many ladies have become consumptive from mere indolence. With these, a walk two or three times a week is thought sufficient. Taking very little exercise within doors, the lungs, from want of air and full exercise, cease to be expanded, fold up their cells, and sink into consumption.

Mental emotions, *grief*, *fear*, *despondency*, incline to depress all the energies of the system, and leave every part to be inactive, in which the lungs must participate, and so must suffer. It is for this reason that a family losing one of its number by consumption, grief, fear, and despondency seize upon all of them. This is one great reason why consumption will often sweep through a whole family.

Two beautiful young ladies recently called on me, one with a bad cough, the other said to me: "Our mother died of consumption last spring; and since her death sister has given up that she must die, and will take no courage, or do anything for herself." This is often the case; frequently at the very grave of one who has just died of consumption, another will take a cough, go back, give up all hope or effort, and in a few months die of the same disease. In this order, sometimes, whole families will be swept away; at other times several will die, and from some hitherto unexplained cause, others of the family will escape the disease, and live to be very old. One case I knew, where seven brothers and sisters died of consumption, between the ages of twenty and twenty-five. Two brothers escaped the proscription, and both a short time ago were living, one at eighty-three, the other at eighty-five years of age. In all of these cases, it will be found that the peculiar habits of those exempted were of such a character as prevented a decline of the general health, and procured an expansion of the lungs. Persons in early life, predisposed to consumption, often live to a great age after escaping this malady.

Hope, unmixed with fear, is a great antagonist to the spread of consumption. Grief arising from loss of children, loss of parents, loss of very dear relatives, loss of wealth, or even loss of health, will frequently paralyze all the powers of the system, and lead to an early decay. For this reason, when one of a family has died of consumption, I recommend, if practicable, change of air, change of location, change of scene, and in many cases change of occupation, &c.

A most prolific source of consumption is found in those diseases that break down the strength of the system, and so prevent full action and expansion of the lungs.

TYPHUS FEVER.—FEVER SORES.

Lung fever leads thousands to consumption. Pleurisy imperfectly cured, leaving pain and weakness in the side and chest, and often adhesions between the internal smooth covering of the ribs, and the covering of the lungs, will take place, that greatly prevent an expansion of the lungs, and thus lead to consumption.

Rheumatism and rheumatic fevers produce a great many consumptions by breaking down the general health; and thus preventing a full expansion of the chest. At other times, the rheumatism will seat itself upon the lungs themselves, thus leading to consumption. At times it will settle between the ribs and prevent a full expansion of the lungs and chest on breathing.

In persons predisposed to consumption, an attack of rheumatism in the joints, and the knees, ancles, hips, elbows, or shoulders, or a rheumatic fever, will often precurse the approach of consumption.

Gout, a disease kindred to rheumatism, at times locates itself upon the lungs and induces consumption. In these diseases, large quantities of chalk are often deposited in the air cells of the lungs, and in the air passages, and around the bronchial glands.

Both rheumatism and gout located upon the lungs, are indicated by vastly more pain, and darting sharp pains, and nervous irritation, than in true scrofulous consumption, and require different treatment.

Scrofula is considered a principal cause of tubercular or ordinary true consumption. The whole variety of diseases designated in common language, and very properly as a humor, comprising scrofula, salt rheum, and all the varieties of the skin diseases, canker, hives, eruptions upon the skin—in the mouth—in the stomach—in the bowels, &c.—from very extensive observation, I incline to consider as having one common origin, only differing in their history and character by their difference in location; some appearing most in winter, others most in summer.

Scrofula is located upon the cellular tissue, which is a covering thrown over the muscles, or lean meat, and below the external skin; it is found more or less everywhere. In this, scrofulous lumps, are developed. At other times, this same humor will be found on the true skin under the scarf skin, producing salt rheum, as scald head, tetter, &c. At other times is placed immediately below the true skin, swelling up into pimples and pustules, and discharging matter. At other times, causing eruptions of dry scales, or a discharge drying off in scales. In some cases like nettles or stings and bites of insects; at other times true boils.

These varieties are not often seen in one person, but at times several, or nearly all occur in one individual. I believe all these proproceed from a poison generated in the system by causes often palpable, at other times not readily discovered. In proof of this, we often see in the same family one have scrofula, another salt rheum, another eruptions or pustules, &c.; and as I said before, at times in the same person nearly all occur.

These humors often appear in infancy, go off, and after some years appear upon the lungs, or throat, or air pipes, stomach, liver, bowels kidneys, womb, &c.

To treat consumption successfully, all these humors must be well understood and radically cured.

I once knew a lady in Rhode Island, who was thought to be near her end with consumption, when suddenly she became affected with humors all over her skin and swelled enormously—losing both sight and hearing for days by the swelling; but in a few weeks got well of the humor, and with it all consumption disappeared.

It is a vast desideratum to throw the humors out upon the skin: they should never be repelled or driven in by washes or applications to them. I once knew an infant of seven months die in its mother's arms of true consumption; beginning with bleeding at the lungs, and going through all the stages of consumption on to death, produced by driving in salt rheum: it had salt rheum upon its face the physician injudiciously applied a solution of corrosive sublimate, which cured it on its face, but drove it to its lungs, and thus produced consumption and death. This humor, in one or all its varie-

ties, often locates itself upon the throat, the wind-pipe, the larger and smaller air passages of the lungs, and in the air cells, and in the substance of the lungs. In our inquiries into the causes of consumption, reference should always be had to the subject of skin diseases, or scrofula, because they so often locate themselves upon the lungs. They are always easily cured, and entirely driven from the system, if properly managed and in season. They are one exceedingly prolific cause of *consumption.*

INHALING DUST, METALS, ETC.

Inhaling, or drawing in of large quantities of dust, will cause this to be deposited upon the lungs, and thus by mechanical irritation, lead to consumption. This is seen in stone cutters, millers, dry grinding of metals, pickers and sorters of rags for paper making, and many others. I once knew a case of a stone and marble cutter, who died suddenly. His chest was opened, and it was found that a large proportion of both lungs was so impregnated with stone dust, as to have caused his death. This case occurred in Cincinnati, Ohio.

IRREGULARITIES IN DIET.

Long continued irregularities in diet, either too low or too high living, will break down and effeminate the system, and in persons predisposed to consumption, will often induce it; but low living sooner breaks down the system and produces consumption, than high living. A high regimen is the best if only one is to be selected.

DYSPEPSIA.

Dyspepsia or imperfect digestion of the food is a very common cause of debility of the system, and breaking down of the powers of the constitution. Dyspepsia also greatly injures the purity and quality of the blood, and in this way leads to the creation of humors and the production of consumption.

LIVER COMPLAINT.—CHRONIC DIARRHŒA. COSTIVENESS.

Liver complaint, chronic diarrhœa, costiveness, all are among

the causes that injure the constitution and general health, and in this way lead to consumption. These subjects will be referred to again, in another place.

DISEASES OF THE THROAT, ETC.

Diseases of the throat often cause consumption. Inflammation and ulceration of the wind-pipe, and parts about the vocal organs, at the top of the wind-pipe, often cause consumption, by the great debility which this causes, and often by the great debility of the wind-pipe, preventing anything like vigorous breathing or respiration. This disorder is attended with hoarseness, and weakness of the voice, more or less; often attended with a total loss of voice, great dryness and heat in the throat, and pain in the throat on speaking or reading aloud; clergymen are often subject to this disease. It is extremely rare that the wind-pipe alone is affected; but in nearly all cases of throat disease, it will be found that the lungs are also much affected. In some cases the wind-pipe partially closes, and at other times dreadful spasms attack the throat. When spasms attack the throat, so as to produce temporary suspension of breathing, the chest will rapidly enlarge, and all lung difficulties in some cases will soon be removed. I saw a striking case of this in the hospital in London. A man came into the hospital in an advanced stage of consumption, his lungs badly ulcerated, his chest very contracted, and greatly emaciated. He had not been long in the hospital, before he was attacked with an inflammation of the wind-pipe, which was soon attended with the most dreadful spasms. In those fits, his breathing would stop; his chest heave as if a rope were tied around his neck; he would at times be a whole minute without breathing. These spasms on his wind-pipe caused a most rapid enlargement of his chest; all symptoms of pulmonary or lung consumption soon disappeared; his chest became enormously enlarged. Most affections of the throat, called "Bronchitis," are true skin diseases, caused by a poison in the blood, and hence the great absurdity of attempting to cure all throat diseases by cutting out the tonsils, cutting off the palate, and then merely swabbing the parts with nitrate of silver. Consider the unhappy state of a patient with

the jest and treatment for throat diseases only when consumption is preying upon his lungs.

TOO MUCH CLOTHING

Great effeminacy of the constitution, and consequent tendency to consumption, is often induced by our treatment of the surface of the frame. Too much clothing greatly inclines to debilitate the system, and lead to effeminacy. Suppose a person were to put his hand in a poultice, and keep that poultice on for some weeks; on removing the poultice, the hand would feel as if it had no skin upon it, so sensible would it be to the external air. Too much clothing has the same effect. It greatly effeminates the system, and makes it so delicate that it cannot bear the least exposure whatever. Each successive addition to our clothing, beyond the point of health, instead of destroying the influence of cold, makes us more susceptible to its injurious effects, and infinitely more liable to those diseases that proceed from change of temperature.

I have the pleasure of knowing two physicians who are now living in the same village, near the borders of Canada, about the 45th degree of north latitude; a climate very cold for nearly six months in the year. One of these gentlemen is about sixty-five years old, the other is about forty-five. Some years ago, these gentlemen entered into partnership in the practice of medicine, the young physician, on first calling upon the old physician, found him about to ride out in his sleigh to visit his patients. It was very cold weather; the young man expressed great surprise at the insufficiency of the old gentleman's clothing. "What do you mean?" said the old doctor. "I have on my hat, my great-coat, and my mittens; what more do I want?" The health of the old physician was perfect. The young gentleman was a show in some respects, and a fair representative of most effeminate people; rather large and tall in person, he had on all the clothing he could put on for his daily indoor dress. Now talking to the old doctor, he had on besides his indoor clothing a surtout coat, then a great-coat, then a cloak; on his feet he had stockings, boots, and overshoes; over his cravat he wore a thick woolen scarf, or shawl, that muffled up his throat, chin and nose,

nearly to his eyes. On his head he wore a fur cap, which came down nearly to his eyes. With these envelopes he hoped, and fully believed, that he could exclude all cold, and fully prevent its injurious effects upon his system. The health of the old physician was perfect; the younger one was sick nearly every winter with lung fever, or some disturbance of his lungs. The old man told me it took him two years by precept and example, before he could get the young man to reduce the amount of his clothing to the standard of health; when this was accomplished, the constitution of the young man improved, and his health became perfect.

There is an amount of clothing that is the point of health; it no doubt differs in some persons; the best rule is to wear as little as possible consistently with comfort. It should never be worn with an eye to health, but to comfort. The first settlers in the United States, and for several generations after its early settlement, were a very hardy race; consumption with them was very rare; had they have been obliged to wear as much clothing as is now worn, the country never could have been settled. These remarks are applicable to all or nearly all of the present settlers of the new parts of this growing country.

Sudden reductions of clothing should not be made in cold weather but should be commenced in warm weather, and carefully proceeded with until the point of health is found. Too much clothing is highly injurious to the constitutions of children. The rule with them, as with all, is to wear as little as possible, consistent with comfort; and never worn as a curative remedy. At all times neither our clothing nor our rooms should be warm enough to make us perspire, whilst at rest. This holds good also with our bed-clothing; nor should the warmth of our clothes or the heat of our rooms make us feel uncomfortably warm; health requires us always to keep rather cool.

Effeminacy caused by leaving active or invigorating employment, for sedentary, in-door and effeminating ones.

A most frequent cause of consumption, in those predisposed to it, and if not predisposed to it, will, in a multitude of cases, cause predisposition, is leaving active, out-door, invigorating employments, for in door and effeminating ones. Our cities, our large towns, our manu

factories, our workshops, our counting houses, the professions of law physic, and divinity, are nearly all filled by persons who were the children of farmers, and in their early lives sharing in all the toils, the exposure, and the invigorating pursuits of agriculture, and all its once affiliated or kindred occupations. The consequence is, that great multitudes of both sexes fall victims to consumption, who otherwise never would have had it. The banishment of the old-fashioned large spinning wheel, from our farmers' homes, and leaving the daughters in comparative idleness, or sending them to work in manufactories, has tended vastly to spread the ravages of consumption. Again: we may often see fathers, whose children are consumptive, devoting them to the most sedentary and debilitating occupations, and encouraging the heaviest tasks, or permitting it. These remarks are particularly applicable to all parts of New-England. To illustrate this I cannot do better than to introduce a few cases of this kind, which fully explain all I can say on this subject.

In Feb. 1844, I was consulted by a lady in Boston, who was hastening from New Hampshire to Virginia, to attend a young man who had gone there in ill health. He was the only son of a wealthy farmer in New Hampshire, who kept his son on his farm as much as possible, and at the same time undertook to give him an education. The boy went to school in winter, and worked on the farm in summer, until he was seventeen years old; then, instead of going to school, he taught school and pursued his studies out of school hours. After two or three years, he was prepared to enter Dartmouth College, still teaching school during the winter, and attending college in the spring and fall months; but working at home on the farm in haying and harvesting. This terrible course of effeminating and exhausting labor soon broke his health. He was predisposed to consumption by family taint, his mother having died of it. Its early symptoms soon began to appear. He was sent to the south to improve his health and *teach school*. This course soon completed its work. The lady, on arriving in Virginia, found her young relative dead of consumption, and he the only son of a rich father. The southern people, when they see these multiplied cases among them of young persons of reputedly rich parents, cannot but think that the New England mind is the very acme of meanness

Another case I will give of a similar character. I was consulted in October of 1844, by a young gentleman in one of the richest country towns in Connecticut. He was a fine looking, genteel young man His first remark was, "I have called to ask you how long I have to live;" not believing that he could live long. He was an only son. His mother died of consumption, leaving one son and two daughters, one of whom had also died of consumption. The son graduated at Yale College, then studied law in the Law School in Albany. On closing his law studies, he settled in New-York; not getting law business as fast as he desired, he took a situation as book-keeper in a wholesale store: staid there until pulmonary symptoms began to appear, then went home: change of air and occupation soon restored his health, and now he takes a school for occupation; in three months, bleeding at the lungs showed that consumption had began its work in earnest. He relinquished his school, and passed six months of unmitigated distress in anticipating an early and certain death. I had the pleasure of restoring him to perfect health by God's blessing. No danger need he eve apprehend from consumption, if he follows faithfully the directions. His father is a very wealthy man.

I will add one case more. I was consulted in May, 1844, at Springfield, Massachusetts, by a young man in the very last stages of consumption. He was brought up to farming pursuits and active outdoor occupations until twenty-two years of age; then desiring an easier employment and higher wages, he came from the country to Springfield, and hired himself to a confectioner, and worked in a basement, almost a cellar, over kettles of boiling sugar and boiling syrups, most of the time inhaling a bad air, and covered with profuse perspiration. In seventeen months he died of consumption.

These cases will suffice to point out the terrible effects of leaving out-door occupations, and choosing exhausting and debilitating employments within doors. If predisposed to consumption, your fate is certain; if not predisposed, a predisposition may be induced by these exhausting drains upon the vital energies.

CLIMATE PREDISPOSING TO CONSUMPTION

Allow me to say a word or two on climate, and some states of the

atmosphere, as under some circumstances predisposing to consumption. Consumption prevails most in dark, damp, cool climates, such as that of Scotland and England; but climate alone never will cause consumption, and never did. In Scotland, and some parts of Wales, consumption is almost epidemic. Its highlands and sea coasts are dark, cold and cloudy; but in the early periods of Scottish history, its population was a most hardy race. Effeminacy almost unknown in both sexes. Then, consumption was almost unknown; now, nearly, half of its adult population, when they die, are its victims. Climate can only concur with other causes in producing consumption.

Light and dry climates are least predisposing to lung diseases, such as the climates of Siberia and Cuba. No more deaths take place, nor as many, from consumption in Siberia, as in Cuba, in proportion to the population.

Consumption was an exceedingly rare disease in Canada for many generations, until they became an effeminate race. It is now frequent. Cold is not a cause, nor does it cause predisposition to consumption, as is commonly thought. In fact, cold dry air is most healthy and beneficial to the lungs. But cold may act to such an extent as to enfeeble and break down the system, and then, like other debilitating causes, it may predispose to consumption. Of all the predisposing causes, the effects of cold are most easily obviated.

I had the honor of a personal acquaintance, for many years, with the Hon. and Right Rev. Dr. Stewart, Lord Bishop of Quebec. In his old age and enfeebled by disease, his duties compelled him to pass alternately his winters in Quebec and Toronto. In Quebec, the cold is incessant, steady and dry, for nearly six months, with very few changes or fluctuations of temperature. The air is dry and bracing. In Toronto, the air is mild, damp, and subject to great and sudden changes of temperature. Dr. Stewart told me that he much preferred residing in Quebec. Consumption is much less frequent in Quebec than in Toronto, all things considered.

Those cases of consumption induced much by skin disease will be influenced by cold in the early stages of the attack, the same as the

original skin disease was. For example: salt rheum is most apt to appear in cold weather, and at the period of changes from heat to cold, and to disappear on the approach of warm weather. Hence many cases of this kind in the early stages disappear in warm weather, and are helped on going to a warm climate, so that many cases of asthma, bronchitis, throat disease and consumption, are better in their early stages by warm weather. But as the disease becomes more seated the good effects of the warm weather are overbalanced by the debility it produces, and the sufferer derives no benefit from the return of spring and access to warm weather.

Other forms of skin diseases are worse in summer, and if affecting the lungs, throat, &c.; the persons will have much more cough in summer than winter during the first stages of their disease. This whole subject of humor, or skin, or tissual diseases is eminently deserving of the most scrutinizing attention, as it must greatly modify your advice and remedies.

Obstructed perspiration, or a common cold, a cause of consumption.

A common cold is a frequent cause of consumption. Although in my remarks on diseases that cure consumption, I shall refer to a cold as at times curing, instead of producing consumption, yet it much oftener produces than cures consumption. The first attacks of cold very rarely produce consumption unless in lungs highly predisposed and prepared for it. There are many persons who will have a cold in cold weather which will last two or four weeks, and go off. The next winter they will last five or six weeks; and so increase in intensity and continuance in successive winters, until a cough lasts nearly all the year, and consumption is the result. Cold produces consumption by obstructing the pores of the skin, and the fluids which should pass by the skin are thrown upon the lungs. The lungs become gorged with blood; the air cells nearly closed. Nature, to retrieve herself, sets up a secretion of phlegm more or less watery and acrid, that is thrown off in greater or less quantities from the skin that lines and covers the walls of the air pipes and air cells. Should these secretions continue long and be profuse, great irritation is produced, and the system sinks into consumption by the great debility

of the lungs, and engorgement of blood and mucus and ulcerated secretions. What is called quick consumption, is usually in the beginning only a common cold.

CATARRH.

Catarrh is a form of disease like a cold that is located chiefly on the internal lining of the nose, extending up between the bony plates above the eye-brows; at times occasioning most intense headache and dullness about the head and eyes. Oftentimes the discharges are very copious. Occasionally it extends all over the back of the throat and parts about the palate, reaching along the passage back to the internal ear, and producing at first dullness of hearing and finally deafness The discharges will often drop from the back of the nostrils into the wind-pipe, producing constant hawking and raising of offensive mucus. Sometimes the catarrh spreads down the wind-pipe and along the air-pipes to the top of the lungs, when pain, tightness and stricture is often felt—also producing a cough and raising nearly the same matter as is discharged from the nose. Catarrh differs from a common cold by its longer continuance, almost total absence of any fever, and by its offensive smelling discharges, rarely ever found in an ordinary cold. I think it is produced by a humor or sort of skin disease, that spreads wherever the catarrh is experienced, and is its exciting and continuing cause.

Catarrh is very curable, and all its unpleasant consequences easily removed. It is often a cause of noises in the head, ringing in the ears, and great oppression about the head, causing deafness. It at times deranges the general health so much as to prepare the way for pulmonary consumption. At times catarrh cures consumption, yet it is always on the lungs more or less during consumption.

INFLUENZA.

Among the exciting causes of consumption, and one that weakens and irritates the lungs as much as any other, is influenza. It is a terrible disease. Its occurrence in summer is a frightful calamity, as it lays the foundation for thousands of consumptions. Influenza will render the strongest lungs in persons no way inclined to consumption, high

ly predisposed to it. It is worthy of remark, that a summer cold or an influenza in summer, is much more liable to produce consumption than if it takes place in winter. No relics of influenza should be allowed to remain, but it should be done away by exercise, bathing and the inhaling tube, and suitable medicines.

HEREDITARY CONSUMPTION.

In speaking to you of the causes of pulmonary consumption, it is proper that I should speak to you of hereditary consumption. Hereditary taint is often spoken of as a cause of consumption. I do not think because our parents die of any disease, that we must necessarily have it, whether there is a predisposition to consumption, cancer, or any other disease. It is a very curious fact, that children are copies of their parents, more or less frequently, in each minute particular; both in external formation and the most intricate peculiarities of the constitution. I once knew a case of a man, who, after marriage, and having two healthy children, lost by injury the use of his right arm, that gradually withered away to mere skin and bone, with no power in it. He had two children born after this accident, and both had withered arms.

Persons born of parents who are consumptive, only inherit a predisposition to this disease, and sooner fall into consumption from any of the active causes I have before mentioned, than if their parents had been free from consumptive complaints. This strongly indicates to them the necessity of avoiding all the predisposing causes of consumption I have enumerated. Greater care is required of these in forming and keeping a fine chest and lungs. They should also recollect that they should sooner adopt preventive remedies, and longer continue the precautions I shall hereafter point out. Disease in them is more rapid and sooner fatal than in persons of healthy parents. That their lungs will bear vastly less disease and are cured with greater difficulty than if not predisposed. Therefore they should take earlier remedies in their cure. It must be agreeable to the consumptively disposed, to know that of all the diseases to which we are or can be predisposed by hereditary taint, that the seeds of consumption are easiest eradicated and most perfectly obliterated from the constitution.

Persons not hereditarily predisposed to consumption may become

predisposed to it, by long suffering under any of the causes I have mentioned as inclining us to consumption; so that no person, whether predisposed or not, should allow any circumstances tending to consumption to be acting upon him, if possible to prevent it. That it can always be prevented, will be shown in the lecture on prevention and cure of consumption.

SPINAL DISEASES.

Spinal diseases often lead to diseased lungs, by the great debility they produce. This debility preventing a full free exercise and expansion of the lungs. The ancient writers on the lungs and consumption make a consumption of the back or spine. A vast many persons allow pain to continue a long time in the spine, between the shoulders in the neck, and particularly in the lowest portions of the back-bone, hips, and extreme end of the back-bone; sometimes attended with heat, at other times not; sometimes tender to the touch, at other times a cold spot, &c.; curvatures of the spine, &c. In a vast many cases, and probably quite a large majority of the cases, there is no actual disease of the spine; but those pains originate from humor, loss of symmetry, and rheumatism, as I shall explain in subsequent lectures.

From whatever cause produced, the effect is very injurious upon all the general functions of the system, and should receive early attention.

PAIN IN THE SIDE.

Pain in the side, or its cause, often by organic changes, or by producing inability or an indisposition to expand the chest, will at last injure the lungs in many cases, and should not be allowed, but should be cured.

KIDNEY AFFECTIONS.

It is the office of the kidneys to separate the salts and earths, and much water from the blood; their office is most important, and if not properly performed, has a tendency injurious to the lungs. Occasionally in consumption, little or no cough, or expectoration, is observed; but all the matter that should be raised by coughing is carried off by the kidneys. This is a very important hint for the treatment

of consumption, as it indicates the use of kidney medicines, or such as shall produce a free flow of urine.

GRAVEL.

Gravel, if present, so as to produce much stoppage of urine, or cause it to be scanty, and thick, with settlings, upon standing a short time, or very high and dark colored, will often predispose to a cough, and increased expectoration from the lungs. It is an unfortunate state of things, and should receive our earliest attention. Too much urine, especially if it is sweet, inclines to debility and consumption.

Costiveness is also a frequent cause of debility and unhealthy action in the lungs. In both gravel and costiveness, the fluids that should pass by the kidneys and bowels are thrown upon the lungs and skin; in many cases causing engorgement of the lungs, and a strong tendency to consumption. I rarely ever recollect to have noticed bleeding from the lungs, unless costiveness was present. In a future lecture, I will speak again upon this subject.

Luxurious and high living, if at the same time accompanied by a change from active to sedentary life, will often induce rapid consumption. Among the articles of diet that I think often very injurious, is indulging in large quantities of coffee, hot, cold, &c. Also high-seasoned food, pastry, and meat, and greatly diminished exercise, and confinement within doors. Sitting up late at nights, &c., &c., will readily predispose to consumption in a vast many persons. I cannot better illustrate what I mean, than by giving you one or two cases. Whilst in Virginia, last summer, a gentleman called on me, and mentioned the extraordinary mortality from consumption that prevailed in some parts of the south. He said that of late, within a very few years, consumption had become very common on the southern plantations, among the slaves, and especially, almost exclusively, among the house servants. He told me that thirty-five years ago, consumption was almost unknown among their slaves; that those slaves lived on the simplest diet, consisting of milk, vegetables, salt bacon, no tea or coffee. The very mention of these last would have seemed supremely ridiculous. Now those house servants on many estates are treated to the most luxurious diet. Coffee as much as they choose to

drink, two or three times a day; also large quantities of fresh and salt meat, fine bread, &c.; very little labor is expected of them; they take little exercise, and that at the slowest rate, uniting at once indolence, luxury, and effeminacy; the consequence is exactly what I have before mentioned. The production and development of tubercles, or true consumption in its worst form, running its whole course, from beginning to death, in about twelve weeks; the cases occurring with frightful frequency. The last year, on one plantation, out of eighty persons, seventeen died of consumption, within twelve months. Hands perfectly well in field labor, but removed from the field to the house to supply the place of those who had died, would, after a few weeks' repose, confinement, and diet, such as I have before named, begin to sicken, and soon die. No cure was found, but at once, on the appearance of cough or debility, to send them to their field labor, and simple diet. This, if early adopted, usually effected a cure.

INJURIOUS MEDICINES.

Medicines that incline us to consumption. I have before told you how little was known correctly of the lungs, and the true causes of consumption; owing to this, a great many medicines and medical remedies are often used, that instead of curing, rapidly and surely incline to produce consumption. I can only mention a few of them.

MERCURY.

At the head of all these is *mercury*. In all its preparations, or different modes of giving it, salivation in some states of the lungs is as certainly fatal as the dagger or pistol; in some sections of our country, calomel, as it is given, is a most dreadful scourge. In many parts of the United States, cities, towns, villages, and country, are strewn with the wrecks of living men, women, and children; whilst the graveyards conceal the decaying remains of thousands killed by mercury. This is not everywhere the case. I am most happy to present the city of Philadelphia as an exception; more calomel is consumed by some small towns in New-England, than by the whole city of Philadelphia. Every consumptive should understand, that when he takes calomel, uncombined blue pills, &c., he does it at the

risk of his life. There is no doubt that mercury will remain in the system years after it is taken, and produces injurious effects even twenty years after it has been swallowed or rubbed into the skin.

If tubercles exist in the lungs, calomel softens and inflames them, and thus developes consumption. Calomel administered to the children of consumptive parents, is very liable to bring on consumption. I think in many cases of consumption in children, it is produced by calomel. What I say of calomel will apply to every mercurial preparation.

OPIUM.

Opium in all its preparations, as far as my observations go, is very injurious to consumptive lungs, and should be avoided. It may quiet the cough a little, but it soon returns with greater violence. No cure will go on under the influence of opium. It prevents a cure, causes night sweats, closes all the secretions save of the skin, constipates the bowels, destroys the appetite, confuses the mind, and wholly breaks down the nervous system. Now, in consumption, it is of the last importance that the nervous system should be kept in the greatest strength and composure.

EMETICS.

Emetics often do great injury to the consumptive, especially those of a debilitating class, as emetic tartar. Ipecac, lobelia, &c. are not so objectionable. I scarcely use any emetics.

BLISTERS AND SORES UPON THE CHEST.

These I rarely use. I have often seen blisters and tartar emetic sores hurry consumptives to a premature grave. They prevent free breathing and expansion of the chest, very much debilitate the patients, make them exceedingly nervous, &c. I have seen very horrible sores produced on the patient's chest, even within five days before death. In confirmed consumption, blisters and sores can be of little use; and in the later stages are most pernicious. These are most of the leading causes of consumption. Nearly all tending to one primary effect: to prevent a free exercise of the lungs and perfect expansion of their air-cells, and of course of the whole chest.

DISCOURSE SECOND.

ON THE PREVENTION AND CURE OF CONSUMPTION

The subject of this discourse can hardly be surpassed in its importance. Nearly, or fully one-third of the deaths of adults in this country arise from consumption, or diseases of the chest. These diseases are eminently curable in themselves, and only require the aid of judicious knowledge, and such true remedies as actually exist. The reason why these diseases are so often finally incurable, is not because they are so in themselves, but arises from our ignorance. Misconception and ignorance of chest diseases, prevails to an enormous extent, and hence their far-spreading and overwhelming fatality. It is preposterous to suppose that a wise and good God would create us so imperfectly that a disease can arise in its nature incurable, and that may sweep away the whole human family. I propose to mention to you, in the first place, some of those diseases that cure consumption, or at least prevent its progress and fatal termination.

DISEASES THAT CURE CONSUMPTION.

The first of these which I will mention are diseases of the heart. I will observe that those diseases which cure consumption are those which in their commencement and progress enlarge the chest. Diseases of the heart are usually of this class; such affections as are attended with enlargement of the heart, and great palpitation, are those which most relieve the lungs. By retarding the circulation of the blood, the lungs, as well as the heart, become greatly enlarged. In all cases, enlargement and irregular action of the heart, although distressing, will retard consumption, and often cure it.

I will mention a few cases. In the summer of the year 1843, I lectured at Saratoga. The day after my first lecture, as I was walking in the street, a young man standing in a store door, without any preliminary salutation, says to me, "What is the matter with me?"

stopped, and looking at him, told him there was not much the matter with him. "Have I not the consumption?" said he. "No," I replied; "and you will never have it; you have a slight disease of your heart; that is all your ailment." His brother-in-law, standing beside him, said at once, "He will be very glad to hear you say so, as he thinks he has the consumption, or is liable to it." The next moment the young man was laying prostrate in the store door in a fit, by sudden stoppage of the heart, brought on by mental excitement that induced faintness and loss of consciousness for a moment, until the heart again acted. I accompanied him to his house and prescribed for him; in a short time he was well.

At his house I met his wife. Before marriage, she was Miss Avery, of Pittsford, or Brandon, Vermont. Her brother was Doct. Avery, of New York; a pleasing writer, who died early of consumption. She is a niece of my much esteemed friend, Lyman B. Walker, Esq., the present respected attorney general of New Hampshire. Mrs. L. told me that twenty-eight months before, she was brought to Saratoga in the last stages of consumption: great emaciation, night sweats, hectic fever, much cough, and frequent expectoration; in fact, she was not expected to live two months. As a forlorn hope, she came to Saratoga to drink the water, without the least expectation of recovering. After being a short time at Saratoga, she awoke one morning and found the bed curtains in great agitation, as well as the whole bed. She soon traced this to her heart, and discovered it in great agitation, and palpitating violently. For six weeks her friends watched her bed-side, hardly daring to turn their backs upon her, fearing she might die without their observing it. In about six weeks the violent and irregular action of her heart began slowly to subside. Her friends then thought to inquire after her cough, but this had ceased for some time. In a short time the heart resumed its healthy action, and she was well. Her strength and flesh rapidly returned. I saw her about twenty-two months after her perfect recovery. She told me her lungs had never troubled her since. If she took cold, her heart would become agitated, but no trouble with her lungs whatever. She was a fine-looking, fleshy, healthy woman, with a very full chest and lungs.

In November, 1843, I met at Concord, New Hampshire, Gov.

McNeil, of Hillsboro', New Hampshire, brother of the distinguished Colonel in the American army. His case is interesting, as it shows the effects of a common cold—as sometimes preventing consumption, instead of producing it.

General McNeil's case was as follows: Almost as early as he can remember, he had a cough and apparent consumption. He well recollects, at ten years of age, hearing remarks from his friends and neighbors, that he was in consumption. This cough continued on him until he was grown up. In his adolescence he could only go to school, not being able to do any work, or endure much fatigue. From twenty to thirty he could do no work, only ride about and superintend his farming operations. The cough and expectoration changed but little up to the age of thirty-five, when being in Montreal, Canada, on awakening one morning, he found his bed and its curtains, &c., in great agitation; he soon traced this to his heart, which was beating violently and irregularly. This irregular action of the heart soon controlled all the other organs of the chest. It continued on him for five years, with some returns of the old lung troubles, cough, expectoration, &c. At about forty, the cough ceased; the action of the heart consequently returned to a healthy condition, and although a delicate man compared with others, yet from forty to sixty, to the time I saw him, his health had been good. If he takes a bad cold, or deranges his system much, his heart will be a little excited, but in general, his health is good.

The heart, as far as I have noticed it, seems to control most the lower portions of the lungs; so that in a multitude of cases, the tops of one or both lungs may be ulcerated, and go on to a certain extent, when the heart will begin to be affected and by its irregular action stop the progress of the consumption, and finally cure it: which is effected by the heart first taking a part of the inflammation upon itself; and secondly, by retarding the circulation of the blood, engorges the lungs, and this, with its own enlargement, rapidly enlarges the chest and every part of the lungs.

In October, 1844, Miss Mary Dibble called on me in New Haven, Connecticut. She had heard me lecture, and was so struck with the parallel of my lectures and her experience, that though in good health,

she called to tell me her case. She said that two or three times she had been raised from a seemingly hopeless state, but the reason of it she had never understood, until she heard my lecture. She was tall, and of a slight figure. Her father died of consumption, and she had lost nine cousins of consumption. Now 45 years old. Mother and brother died of lung fever. At eighteen, had a fever, and was *salivated* with mercury; soon had a bad cough and raised blood. She rapidly became very bad, not able to sit up for weeks. In eight months she recovered; knows not how, but had great palpitation of the heart. In one year confined again with a bad cough. Dr. proposed the use of opium, and stimulants; these she refused to take; had an enormous appetite, and relaxation of the bowels · could get no relief except by great abstemiousness, living on a half pint of milk day, and a little fruit; cough dry and hacking, raising only blood. She gained her health, subject to fevers and lungs affected. After some years she went to reside in Norfolk, Virginia; had a fit of sickness there, and the doctor thought her case a heart disease. Eight years ago she returned to New Haven, and took a typhoid fever that lasted sixty days, terminating in hectic fever, ulcerated lungs, very bad cough, entire prostration, her life being entirely despaired of by physicians and every body else. Sick thirteen months; constant palpitation of the heart; but again recovered; raised a good deal of thick, yellow, cream-like matter. Five years ago, sick again, raised blood three times, and lost her voice from November to April; cough and thick expectoration, and her heart so bad as almost daily to threaten suffocation; this had always been the case whenever her lungs became bad. The heart affection usually seeming the most immediately dangerous. She has been benefitted by short sea voyages. Spent one winter in Savannah, Georgia. Disposed to be bilious, and at times dyspeptic. Through life, bowels were usually in good order. On examining the chest and lungs, I found the top of the right lung all gone, down to about the fourth rib, causing a loss of nearly one-third of the right lung; the rest of the right lung was good. The left lung was unusually large, and the ribs over the left chest bulging out. The heart was enlarged considerably beyond usual health.

In this remarkable case, for twenty-seven years, the heart had re-

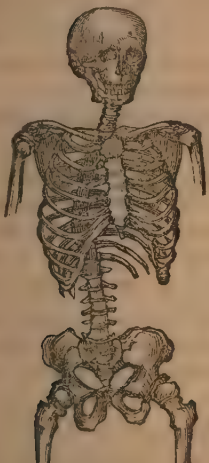
sisted the progress of consumption, and three times raised the person from apparently hopeless consumption, curing the diseased lungs after one-third of the right lung had been lost by tuberculous ulceration. I could introduce numerous cases of this kind, but the limits of a lecture will not admit of it. Allow me to say, no greater skill is required or knowledge, than to know when to interfere with, or let alone, a heart disease in persons who are predisposed to consumption, or in whom the heart is acting, or being diseased, on account of the lungs, or to save the lungs. It is a singular fact, that a disease of the heart, when it is in sympathy with the lungs, is rarely fatal; but is apt in very many cases to continue until late in life, and finally cease altogether. I have often noticed in a family of brothers and sisters, one or more being consumptive, one or more with heart affection, and no consumption, while others perhaps will have asthma.

There is another curious fact: a parent saved from consumption by a heart disease; his children are as liable to consumption as if he had had consumption. I have often known families of children going off in consumption, and no declared signs of consumption or asthma in either parents; but I would very soon detect heart-trouble in one of them. The difference between heart disease and consumption is, one usually hurries you away in early life, the other usually allows you to die in old age. Of course, if the heart disease is very violent, it must be corrected and controlled by suitable remedies. At all times it is perfectly curable by curing the weak state of the lungs. I should remark that there are original diseases of the heart, which do not arise from sympathy with the lungs, and are entirely independent of the lungs; but in all such cases the lungs are rarely diseased, and never become diseased, unless asthmatic. The diseased or enlarged heart saves them. Moderate disease of the heart, properly managed, is a tolerable passport to old age.

ASTHMA.

The next disease I will speak of, as curing consumption, and always preventing it, is asthma: the phthisic, as it is often called in common language. A diseased heart enlarges the chest and lungs; but asthma vastly more, and is a disease of the lungs themselves. It is a

PLATE II.



Asthmatic Chest.

PLATE I.

Consumptive Chest.

disease caused by consumption, or consumptive tendency in the lungs, and always arrests the progress of consumption. It is a vastly lesser disease given in place of a greater, and instead of being a curse, is usually a great blessing. In consumption, the lungs are too small; in asthma they are too large. (See Plates II and I.) A disease like asthma may be produced by ossification of the blood vessels of the heart; but in nearly all cases, it is produced by consumptive irritation of the lungs. It often takes place suddenly, in earliest childhood, continues until between 12 and 20, then goes off and is never seen again; but the person falls a victim to consumption; or asthma may reappear and secure the patient from consumption. If properly treated, it is a passport to old age; but when badly treated, it may terminate in dropsy of the chest. In cases of dropsy superseding it, it will usually be found that ossification of the blood vessels of the heart is present, and not simple asthma. Asthma all but always cures consumption; never produces it. In some exceedingly rare cases, by excessively effeminating and debilitating the system, a person may sink

under the effects of asthma into apparent consumption, or what is made consumption by very bad treatment. The asthma leaves the person, and he is rapidly overcome by the consumption that had always been on him whilst he had the asthma, and which resumes its rapid and fatal course, on asthma leaving him.

If asthma is cured without perfectly expanding the lungs, and keeping them so, the person is extremely liable to consumption. In October, 1844, at East-Haven, in Connecticut, I was consulted by Mr. S. Hotchkiss, aged 43, who was in the last stages of consumption, wishing to go to the West Indies. My opinion was asked. For many years he was a subject of asthma. Ten years before, that is, 1834, he went to St. Croix, in the West Indies; the warm climate entirely cured him; he returned home delighted with his relief; took no steps to keep his lungs well, as he had no fear of consumption. The consequence was, after seven years time, consumption disclosed itself, of which he died ten days after I saw him.

Mr. Daniel Russel, at Providence, Rhode Island, consulted me in March, 1845, for diseased lungs. I found him near his end in hopeless consumption. He told me, that at twenty he was attacked by asthma, and had it every night, more or less, for thirty years, when without any known cause it left him. In eighteen months after, he began to have a cough, with the early symptoms of a fatal and true tubercular consumption.

Mrs. Faxon, of Boston, consulted me in March, 1844, for distressing asthma. She had been for forty-two nights unable to lie down in bed at all; but sat up all night. No medicine was of any avail. A short time after I saw her, an abscess broke in her lungs and discharged freely, which gave her immediate relief, and all the asthmatic symptoms left her. She has had repeated attacks in this way, but was relieved by the breaking of an abscess each attack. During the time while the abscess was forming, asthma would attack her violently; when it broke it would leave her. This had often been the case. Four or six weeks would elapse whilst the abscess was forming, and during this period, most distressing asthma would be present, and all leave when the abscess broke, and the irritation of the lungs was over. She would then recover her usual health. Asthma, in this case, con-

sequently curing consumption. I saw this lady in July, 1845, in very good health.

As in heart diseases, so in asthma, woe to the person who is cured of asthma, without a free, and perfect, and continued expansion of the chest; as he will, in nearly all cases, sooner or later fall into consumption. The remarks about asthma curing consumption, and preventing it, I have verified in a multitude of cases. It is also true that children, born of asthmatic parents, and delicately brought up, are equally apt to have consumption, as those born of parents who have died of true consumption; but if rightly brought up, and well exposed to out-door occupations and exercise, with rather hard living, they will rather incline to asthma, not consumption.

By treating asthma nearly as I do consumption, I find it perfectly and readily curable; much more so than consumption. Its longer or shorter continuance, before I see the patient, is of very little consequence in its cure.

March, 1851.—I have to this time treated many thousand cases of asthma. I do not know of five cases that have failed of recovery.

I have seen asthma affect one lung and consumption the other

SWELLED TONSILS PREVENT CONSUMPTION.

Swelling and continued inflammation, more or less, of the tonsils, derive from the lungs, and often and usually prevent consumption. Of this I have seen a great many cases. Dr. Ramadge, in London, had a cast of the chest of a man who died of consumption of the left lung, while the right lung was well, or nearly so. The right tonsil was always enlarged and inflamed, and he considered the escape of the right lung from disease was owing to the swelling and inflammation of the right tonsil. The left tonsil had never been inflamed.

After a lecture I delivered at Saratoga, in 1843, a distinguished gentleman of that town, —— Cook, Esq., spoke to me of his experience in this matter. He said that for a number of years, his son had been subject in winter to attacks of quinsy, which is an acute inflammation of the tonsils. His life would at times seem in danger. Mr. Cook told me that he had consulted a great many physicians and surgeons, who could give no account of the uses of the

tonsils. One old surgeon of great celebrity, said they were the only part of the human frame that had no use, and were made entirely in vain. The tonsils act as a sort of sentinels to the lungs, and attacks which would affect the lungs in a vast many cases, attack the tonsils. The tonsils enlarge and partially close the throat, so that the passage of the air out of the lungs is partially and often much obstructed; the effect is to enlarge the lungs, and prevent the progress of consumption. It is said that whenever the tonsils are enlarged, tubercles at that time exist on the lungs. To continue the case of Mr. Cook. After much anxious consultation, by the unanimous consent of all the consulting physicians, the tonsils of his son were cut out. But the next winter, said Mr. Cook, to my horror the disease attacked my son's lungs, and it was with the greatest difficulty we could keep him alive until warm weather, when his diseased lungs grew better; and now, said Mr. Cook, I propose to send him to the West Indies early in the fall, to cure his lungs, and save his life by a residence in a warm climate. It was remarked in his case, that one tonsil was cut out and a part of the other. The inflammation attacked his lungs; the lung on the side where the tonsil was all cut out, was much more affected than the other side, for the piece of the tonsil left in was inflamed, and so relieved the lung on the same side in some measure.

A case was mentioned to me at Portsmouth, New-Hampshire. A child of Captain Philip Currier, of that town, had swelled tonsils, and its mother had them cut out. The disease that was upon the tonsils soon settled upon the lungs, and the child, to its mother's inexpressible grief, soon died of consumption. In cases of persons who are inclined to any humor in the system, and that have the tonsils inflamed, if you cut them out, the lungs are almost certain to become affected. The inflammation and swelling of the tonsils are easily remedied and relieved; so that cutting them out is usually unnecessary, besides often endangering the life of the person who has his tonsils cut out. Parents who have the health of their children in their keeping, should be cautious how they allow their tonsils to be cut out. If very greatly enlarged, they may be cut out after putting the lungs in a healthy state.

COMMON COLD CURES CONSUMPTION.

I have before hinted that a common cold will occasionally cure consumption. It may seem paradoxical that a cold will cause consumption, and will also at other times cure it. I will endeavor to make you understand how this can be. Suppose I stick a nail in my hand, and suppose inflammation follows; should this inflammation run over the skin of my hand, and be superficial, my hand would swell very much, but I should not lose it; but if the inflammation should attack the bones and deep-seated parts of my hand, I might lose the hand. It is the same with a cold; at one time it will attack the deep-seated parts of the lungs, and cause consumption; at other times it will only run over the skin, lining the air-pipes and air-cells of the lungs; in this way enlarging the lungs very much, and will prevent and even cure consumption, as I have witnessed in many cases. The case of Mr. McNeil, of Hillsboro', mentioned in heart cases, at page 64, is an illustration of consumption retarded, and its fatal termination prevented by a cold on the lungs; or, as it is called, pulmonary catarrh. General McNeil had a cough and seeming consumption for thirty-five years before his heart became affected; when for five years the heart affection and cold acted together, and both cured the consumption upon the lungs; when, the exciting cause being removed, all got well, both the heart disease and the lung affection, &c.

In Liverpool, England, I met a lady whose mother died of consumption, and, as her only child was very delicate as she grew up, all thought she would, at an early period, fall a prey to consumption. At nineteen years of age, she took a bad cold, as it was thought, and as it actually was: soon her health became good. When I knew her, she had had a cough and daily expectoration for twenty-seven years; saving its inconvenience, she enjoyed excellent health, with a full, well expanded chest, without any symptoms of a decline.

In November, 1842, I lectured at Burlington, Vt., upon consumption; after the lecture, a respectable lawyer of that town. —— Griswold, Esq., came to see me. He told me that if he could have thought I had previously known him, he would have believed that I had lectured upon him; as my various remarks so strikingly corresponded

with his experience. He had suffered from a cough for more than thirty years, and raised a great deal from his lungs. At one time he had a bad influenza, and joined to his old cough, presented strong symptoms of rapid consumption. It was in March, a very cold, windy month. He was attended by two extremely well educated physicians, both professors, teachers and practitioners of medicine. They adopted the usual practice, a very warm room; as if cold were a mortal enemy to the lungs, and emetic tartar, confinement to his bed, and all accessible remedies, to reduce the strength of the patient, and thus drive off his disease. Under this treatment his strength rapidly declined; cough and expectoration became profuse, and every symptom of rapid consumption appeared. In this state his two physicians, knowing the extent of his business, felt it to be their duty to make known to him that he was near his end. On this announcement, he said at once, "If that is the case, why have you kept me so long in bed? I should have much preferred to have been up." He immediately had an arm chair brought to him, that had wheels on its feet, and caused himself to be dressed, and was wheeled into his parlor—a large, well aired room. This was on Thursday; on Saturday after, his physicians called; he told them that the next Monday morning he should start for Montreal, capital of Canada, about eighty miles north from Burlington—"For," said he, "as you say, I have a great deal to do, and but a short time to do it in." They remonstrated against this unheard of temerity, as a species of suicide; that his death must be the result in a very short time. Their entreaties and positive advice had no effect upon his resolution. He went to Montreal, and returned nearly well. I saw him eighteen years after this transaction, in vigorous health, although still subject to his old cough and expectoration. As a very strong intimation of his consumptive habit, I may mention he has lost two sons by consumption.

HYSTERIA.

Hysteria often arrests and cures consumption. In many cases the spasms of hysteric fits stop the breathing for a short time, and prevent the air leaving the lungs; and in this way consumption is often re-

tarded and at times entirely cured. The effect of heart diseases, asthma and swelled tonsils, hysteria, a cold, &c., in part is to divert irritation from the substance of the lungs, and also to expand the lungs and chest, and in this way cure and prevent a great many consumptions. It is a most interesting circumstance, that there are some diseases that cure consumption—that heart diseases, asthma, &c., cure consumption, is capable of the utmost possible or desirable demonstration, by proofs entirely irrefragable and beyond possible controversy. The proving of this establishes an important fact, that pulmonary consumption is a curable disease, and sets at rest the scepticism of those in the highest walks of the medical profession, who boldly assert it is always incurable in the very nature of the disease itself. The despair engendered by these terrible declarations leads thousands to untimely graves.

PREVENTION OF CONSUMPTION.

Having detailed to you the causes of consumption, you will readily anticipate much I must say in teaching you how to prevent it. I will say, that all consumption is prevented by having and keeping a good healthy state of the constitution, and a full chest, and perfect symmetry of the whole person. No hereditary disease is so easily prevented as pulmonary consumption.

PREVENTION OF HEREDITARY CONSUMPTION.

No state of mind is more distressing than to live for years, from earliest recollection, in the constant apprehension and expectation of dying of pulmonary consumption; thinking because a parent died of consumption, all his children must die of it. This horrible phantom, by night and by day, follows many, and usually all whose parents die of consumption. All pleasures are marred by its horrid apparition. It haunts them in their dreams, and terrifies them in their waking hours. Never do they see a notice of death by consumption, but they experience a thrill of horror through every nerve; and a cough, or a little hacking, or the least speck of blood, and their minds are filled with the deepest distress and despair.

They can find no consolation but in death itself. Let such take cou rage; no disease is easier prevented than consumption.

I will give two instances of hereditary consumption being entirely eradicated, apparently, from the blood of families.

I once knew a family, the grandmother was the daughter of a very wealthy farmer in the western part of Massachusetts; she was the oldest daughter, and brought up in the greatest effeminacy. She died of consumption at twenty-six, leaving an only child a daughter. This daughter was brought up with the same delicacy until she was twelve years of age, when her father removed to a frontier town, where she was exposed to the hardships, and shared in the privations of a frontier life. At eighteen she was married, and died at thirty-two of consumption. She left a family of sons and daughters; her sons, whilst mere children, and all their early days to twenty-two, led most active lives, and became professional men. Two of her sons are public speakers; they stand well as such; they obtained their professional educations chiefly by candle-light, before daylight in the morning, and after dark at night. Their days, from early boy-hood, were occupied in active, hard, out-door labor—in farming, clear-ing land, cutting wood in the forest, &c. The daughters also shared in the hardships and exposure. One son, from excessive over-exposure and hardship, contracted a dreadful pleurisy, that nearly destroyed his right lung; of the consequences of which he died at an early age. All the rest are living, and their average ages are about forty-five years—all married, and have families considerably numerous, and nearly grown. Now, in the ordinary course of things, we should have expected consumption to show itself at an early pe riod; but not the least appearance or suspicion of consumption is seen among them;—all perfectly free from any appearance of consump tion—all its predisposition or its seeds apparently eradicated from the blood of the family.

I will give another case: I knew a family, where the father died of consumption, and the mother's family were somewhat inclined to it. The father, at his death, left eight sons and one daughter. These eight sons were brought up in most active, out-door labor and exercise —coarse diet, hard fare summer and winter. The oldest son for several

years showed indications of consumption, but was remarkable for his tall and very straight figure. My father treated him for his cough; he got over his consumptive predisposition mostly, and is now living at nearly 60, in poor health. All the sons are living; one or two had some appearance of scrofula, yet no consumption. The average age of those eight sons is about forty-four years;—all well, save the oldest; all living, all married, all have large families of children. Not a case of consumption has ever been known among these men, save the oldest, or their families. Hereditary consumption was entirely eradicated by invigorating exercise in early life. No effeminacy in them or their families. It was not so with their sister; she was an only daughter, and brought up indulgently—sent to school, and greatly effeminated. She died of consumption at about twenty-two.

Change of air and location are particularly valuable in changing the constitution of persons predisposed to consumption; going into new parts of the country; should they choose to reside on the shores of a lake, by all means live on that side whence the least wind is experienced from the lake. This is a rule of vast importance to the consumptive; piercing winds coming over a wide sheet of water, become loaded with vapor and dampness, and are injurious to the consumptive.

Mothers who are strikingly scrofulous and consumptive, I think, for their children's sake, should never nurse; but these should be brought up by the sucking bottle and feeding them with proper food, instead of being nursed by their mothers. Best of all is the choice of a healthy wet nurse. I throw out these remarks on nursing merely as a matter of opinion, having nothing very positive to determine my judgment.

PLAIN BRINGING UP OF CHILDREN.

Children born of consumptive parents should be brought up in the plainest manner. Food plain, coarse, little meat, much bread and milk, pudding and milk, no pastry, no coffee, little greasy food, light clothing, no dainties to help their appetite; barefooted in summer, if you please, at least no stockings on their feet; indulge them in all active out-door exercises, running, racing, climbing hills and mountains, farming occupations of all kinds, military exercise. All beneficial running and

racing, active out-door exercise tend to give full chests, and large lungs, and vigorous constitutions—of course, discretion should be observed.

When I was a boy, I knew two families who lived near each other. The mother of one family delighted in the pleasures of the table; had a great deal of company. Her children were brought up with the greatest possible indulgence, both in the profusion, quantity, and expense of their clothing, and in their beautiful soft beds, and every luxury of the table; this was especially the case with the daughters. The mother told me, in a later period of her life, what a mistake she made; she said her daughters scarcely knew any health after they were grown up. The other family were brought up exactly the opposite in all respects, careless in clothing, and rather scanty; no luxury in food, and no superabundance of it; very much out of doors. This family are all in the prime of manhood, and in the enjoyment of perfect health. Both families enjoyed the same position in society. A friend of mine dined some years ago at the house of a rich American merchant, in one of our largest cities. Two years after, he dined at the same table again; six persons who were at the table two years before, had died of consumption, including two beautiful daughters of the host. Their father could erect over their graves a most costly monument, but what was this to a good constitution. They had been brought up in the worst form of the most costly luxury and effeminacy.

Children should not go too early to school, nor be long confined there; the desks at which they sit or study should not be too low; they should rise to the armpit of the child, and even to the bottom of the throat, so that they will not thrust the chest forward, or sit stooping, in order to study. Some years ago, I met a young girl of ten years, in the country, whom I knew to be an only child of very wealthy parents. I observed she had very round shoulders, and stooping chest. I remarked to her mother, that her daughter had very round shoulders and stooping chest. "I know it," said she, "and I have scolded her enough for stooping, but all I can say has no effect upon her." I asked her if she thought that scolding would cure round shoulders. I went to the school-room, to see the table at which she studied; I found it extremely low, so that each child was obliged to throw its shoulders upon its chest in stooping for-

ward, to write or read. By raising the table, high, the child's shoulders were soon restored to symmetry. I saw her at 16 years old, and her figure was very good. This matter is of such vital importance to the future health of children, that every parent should go to the school-rooms, and know for a certainty that the desks at which their children write or study are fully up to the arm-pits, and in no case allow them to sit stooping or leaning the shoulders forward on the chest. If fatigued by this posture, they should be called to stand or go out of doors, and run about when fatigued; so that they shall never rest their shoulders on the chest, or relieve themselves by such a mischievous position. Seven years is quite early enough to go to school.

I am personally acquainted with two elderly legal gentlemen, who were practitioners of the law, and have both filled stations in the judiciary. They both lost children by consumption; they both assured me, that they were satisfied they owed their lives to the practice of sitting perfectly straight while writing and reading, never stooping at the desk at all. Practice will soon make sitting or standing perfectly erect vastly more agreeable and less fatiguing than a stooping posture. To persons predisposed to consumption, these hints, as regards writing or reading desks, are of the greatest importance.

In walking, the chest should be carried proudly erect, and straight, the top of it pointing rather backwards than forwards. The North American Indians, who never had consumption, are remarkable for their perfectly erect, straight walk. (See Plate A, figure 1.) Next to this, it is of vast importance to the consumptive to breathe well; he should make a practice of taking long breaths, sucking in all the air he can, and holding it in the chest as long as possible. On going into the cold air, instead of shrinking from it, draw in a long breath of the pure cold air. Do this a hundred times a day, if you have any symptoms of weak lungs, and it will soon cure you; should you have a slight cold, be in the habit of often drawing in a full chest of air.

In the city of Edinburgh, Scotland, where consumption is almost an epidemic, there is one class of persons who, as is said, never have

the disease; these are the fish-women, who carry fish in the streets; they go two miles, down to Leith, the harbor of Edinburgh, and get their fish early in the morning, place them in baskets on their heads, and then run all the way to Edinburgh, and cry their fish through the streets, carried in baskets on their heads. This practice makes them perfectly straight, and their chests remarkably full and symmetrical; they are said never to have consumption. I attended a ball at the Palace of the Thuileries, in Paris. Several thousands of the English and French nobility were present; I had the pleasure of noticing their fine erect chests, and carriage, and of knowing by this why this class of people in Europe enjoy such remarkable exemption from pulmonary diseases, compared to the rest of the population.

CHEERFULNESS.

Cheerfulness is a valuable ingredient in the composition for preventing pulmonary consumption. Persons predisposed to consumption should never indulge in forebodings on the subject, but take all preventive means they know of, and cheerfully rely on the blessing of a kind Providence, to extend their days, and grant them an exemption from the disease; they should seek cheerful society, cheerful employments, and cheerful exercise.

EXERCISE.

As a preventive remedy, exercise in the open air stands at the very head. Exercise, to have its utmost value, should be taken at exactly such an hour every day. The machine comprising all the human frame is a most wonderful creature of habit and association. Exercise, when taken at irregular hours, one day in the morning, another day at noon, and another at night, has very little effect, compared to the same exercise taken every day at the same hours, and continued the same length of time. I once knew a lawyer who had a large business, and found that he was rapidly sinking into consumption; he resided at Burlington, Vermont. In the month of September, he bought a horse, and without any regard to his clients he would leave all, ask his company to wait, and

he would mount his horse, and ride at noon exactly one hour in all weathers. He continued this habit through a very long winter, to the next March, when he found himself in perfect health.

I met a gentleman the last summer, at the Red Sulphur Springs, in Virginia, who resided in Lower Virginia. All his immediate ancestors, and brothers and sisters, had died of consumption. He was a mere skeleton, and had had diseased lungs for thirty years; but by avoiding all drugs, and all reducing medicines, by keeping himself out of doors, on horseback, and with some object in view, such as fox chasing, and deer hunting, continuing his out-door exercises all winter, when most invalids consider it their privilege to house up, he retained fair health. In summer, he would visit the mountains and places of summer resort; in this way, his disease continued nearly stationary, although highly consumptive by hereditary predisposition, by his early habits, by his figure, &c. He had had true consumption thirty years. All invigorating exercises out of doors, or in cold rooms, such as dumb bells, quoits, gardening, shooting, angling, farming, sawing wood; in fact, all that produces full expansion of the lungs and does not contract the chest, are valuable. Long walks in the open air, and taking full deep inspirations of pure fresh air, are also most valuable.

For delicate persons, jumping the rope is a valuable exercise. I witnessed at New Haven, in Connecticut, a most cruel hard case. A beautiful young lady of seventeen, and strongly disposed to consumption, became irregular in her nature, followed by some bleeding at the lungs. A judicious friend advised her to jump the rope, which she did for some months, and by this pleasant and exhilarating exercise completely restored this indispensable function, and greatly improved her health; when, one unlucky day for her, a medical professor called at her house. It is a practice in a vast many cases, among conceited doctors, to disapprove of advice given by other physicians, but most of all, if it comes from such a vulgar source as persons not medical, if it is a popular remedy, or arises from domestic practice, on some pretext or other, without the least regard to its merits or usefulness, and without asking what it has already done in the same person, it is at once rejected; so it was with this young

lady. She was told the exercise was too great, the jumping and jarring of her person too much and very unsafe; that she must take but little exercise, and that not at all exciting, such as a slow walk: the consequence was, nature with her soon stopped entirely, difficult breathing came on, and bleeding at her lungs, and she died in a few months of consumption. Had she only continued the exercise of jumping the rope, it is more than probable she would have been alive and well at this time.

DANCING.

At the head of all exercises for delicate persons, and those predisposed to consumption, and invalids, is dancing. Dancing in company, dancing to the sound of harmonious music; I do not speak of dancing as a dissipation, but as an exercise. Its practice promotes cheerfulness, symmetry of person, full exercise of the lungs, and expansion of the chest. I once knew a badly diseased lung, and true consumption, cured entirely by dancing. The patient began when very low, from bleeding, and an ulcerated lung; he began almost by accident, to step to music, and danced for two or three minutes at first, and increased as he could bear it; this was done at exactly a certain hour, daily, for four months, when the lung was perfectly well, and has remained well for several years. When young persons and old persons meet in their small social circles, instead of sitting in conversation for hours, dance a little while, if only for half an hour, in rooms not too much heated; the various musical instruments which are now so common will have a positive value in them, if they incite to dancing. The greatest value and good is obtained from this and al other exercises, by doing it every day or evening, at the same hour. No exercise should be carried to the point of great exhaustion, so as to produce debility. Begin gently, and it may be gradually much increased, with daily increasing benefit. As a general rule, every person should take a walk or ride, every day in the open air, unless extremely stormy; slightly disagreeable weather should never deter going out; strong, hard, cold wind, is much worse to encounter, than slight rain or snow. The consumptive should never stand still, talk-

ing, or silent, exposed to sun, rain, or wind, but go at once to a shelter. Whilst out of doors, in the cold or wind, keep walking actively, not stand still. Clothing should be as light as is consistent with health. (See remarks on clothing, Discourses IV. and VI.)

BEDS, AND LYING IN BEDS.

Luxurious feather or down beds should be avoided, as they greatly tend to effeminate the system, and reduce the strength. For this reason beds should be elastic, but rather firm and hard; straw beds, hair mattresses, these on a feather bed are well; a most excellent mattress is made by combing out the husks or shuck that cover the ears of Indian corn. I first met these beds in Italy, they are delightful. Cold sleeping rooms are in general best, especially for persons in health; they should never be much heated for any person, but all should be comfortably warm in bed.

CLIMATE.

Many consumptives think they would enjoy perfect exemption from consumption, if they could reside in a hot climate. No mistake is greater than this; a hot climate, as a general rule, is not usually of much value; the effect of a hot climate is to debilitate and effeminate the system, and to predispose to consumption; hence, consumption is common in all the West Indies, and in all hot countries amongst the natives, and long residents. No climate is worse to a consumptive than where his diseases originated; any change with him is for the better; going from the sea-board to the western country, avoiding a residence on the shores of great bodies of water. The new inland countries are the best; changing from the sea shores to the interior, even if not more than forty miles back. Removing from the mountains to the valleys, and from the valleys to the mountains, especially in summer, is most favorable; avoid locations where there is great prevalence of damp changeable weather. Cold, piercing, cutting winds are always injurious. Consumption is as prevalent in any city of Cuba, as it is at Archangel, on the frozen ocean, the northernmost city of Europe.

LIGHT.

In only one respect do the torrid and frigid zones agree, and that is in the matter of light. Light and dryness are great friends of the lungs. Darkness and dampness are their enemies. Therefore, in our choice of locations, these views should be kept in mind. In the choice of our rooms, reference should always be had to light and dryness. Our bed-rooms, sleeping-rooms, sitting-rooms, counting-rooms, workshops, &c., should always have the sun upon them at least once a day. Choose a south exposure as much as possible. So valuable is the light considered in modern Rome, that it is there a proverb, "where the sun enters, the physician never enters." Basement stories partly under and above ground, or cellars, are most dangerous to the consumptive, either as sitting-rooms, bed-rooms, or workshops, or places of assemblage, as we see under churches, unless very well aired and warmed and ventilated.

I was consulted in New-Haven, in October, 1844, on behalf of a hired girl, who had left her comfortable farmer's home, and gone to do house-work in a respectable family in town. Her sleeping-room was a bed-room in the cellar, near the kitchen. The walls of the basement were very damp; she took fatal consumption. For this reason the highest rooms of a house are always the best sleeping-rooms. The chill of damp basements is always felt by consumptives, and should be at once avoided. Rooms should always be well ventilated, and have fresh air at all times. The following striking case will illustrate much that I wish to say on this subject.

In November and December, 1842, I lectured in Burlington and Middlebury, in the state of Vermont, and in Plattsburg, New-York. The contrast in these towns was most striking, and supports what I said. Plattsburg is situated on the west side of Lake Champlain. Little or no wind ever blows from the lake upon the town. The north and north-west winds carry all the vapor snd dampness of the lake from Plattsburg, and throw them directly upon Burlington. On all the western shores of the lake, and at Plattsburg in particular, consumption was comparatively rare. The population of Plattsburg is not very wealthy, nor are their houses particularly warm. One of their principal physicians, Dr. Benjamin J. Moore, is at least a friend

to out-door life and exercises, and neither advocates too much clothing nor effeminacy. He is a most gentlemanly and valuable physician. Consumption was not very frequent at Plattsburg.

Burlington contains about 4,000 inhabitants, and is one of the richest villages in New-England, or in the United States. The houses are beautiful and well built, and most of the best ones have double windows, I believe. I know a great many have. The land rises gently from the lake for nearly a mile, and presents a broad surface to the west and north-west, looking upon the broad lake, and receiving all the west, south-west, and north-west winds from it, which come loaded with vapor. Some physicians of Burlington have, for many years, taught the necessity of shutting up in winter, and keeping very warm. For this reason, and a strong desire to be comfortable, the houses are closed in November; usually the double windows are put up and kept up without being once opened until April following, in many cases. Well defended vestibules to the outside doors shut out the possibility of cold air entering their houses. Luxurious living, with much clothing, and almost a total want of exercise, complete the picture. A female is rarely seen in the street. I have visited one hundred and fifty cities in Europe and this country, yet my impression is, I never saw so much consumption anywhere as in Burlington, in proportion to its population, in the same classes of people. A great many cases were there when I was there. The disease was principally with the best classes. Little manufacturing is done there. It is possible this is not entirely correct, but it is my full impression.

Middlebury is situated thirty-two miles south from Burlington, and has almost the same population, but vastly less wealth and luxury, or effeminacy,—few or no double windows to their houses. Their principal physician, a highly intelligent and sensible man, long resident there—Dr. Allen—has always taught the value of out-door exercise and air, in preventing consumption. Middlebury lies rather high; is several miles from the lake, and has a fine fall of water running directly through the village. Whilst consumption was, and always had been, so prevalent in Burlington, I found but one case of consumption in Middlebury. I have met several other towns that seem to enjoy a remarkable immunity from consumption; but I have not time to

particularize them any farther. Rooms fronting north and north-west, without the sun upon them, should be avoided, especially in winter.

SEA VOYAGES.

Short sea voyages, as preventives of consumption, are very valuable, but not curatives. Long sea voyages never should be undertaken as a general rule.

DIET.

Luxurious and gross living should be avoided by the consumptive, the scrofulous, &c. Avoid much coffee. I think it one of the worst liquors for the consumptive; so are all descriptions of pastry, greasy food, and too much food; eating to repletion is bad. On the other hand, all we eat should be good of its kind, perfect; but not eat too much or too little. Well cooked meats, plain puddings, milk, if it agrees, is a valuable article, and so is ripe fruit, fish, shell fish, &c., good vegetables; living neither too high nor too low, eating such food as seems to agree best.

NIGHT WATCHING.

Sitting up late at night in dissipation, or anxious watching over the sick, or in study, is very bad indeed, for the consumptive, and should be carefully avoided, as it soon breaks down the system. On the other hand, the sleep should be regular and undisturbed, as much so as possible.

EMPLOYMENTS DISAGREEING SHOULD BE LEFT OFF.

Employments, occupations, professions, trades, &c., that the consumptive knows to disagree with him, should be left off. Oftentimes this alone will relieve the consumptive, even when he chooses another occupation that at first seems no better or not as good.

In November, 1842, I was consulted by a very eminent lawyer, in a large business in his profession, for consumption. His right lung was badly ulcerated, he raised a good deal of blood, and was very hoarse, having nearly lost his voice. I prescribed for him, but made it an indispensable condition to his relief, that he should go to his farm and

abandon all law practice, for at least two years. After much hesitation he chose to do so. I met him twelve months afterwards in apparently good health. Had he continued his law practice three months longer, he must have died. He is now quite well—March, 1851.

It is deplorable to see consumptives continuing the same occupations, such as laborious studies, public speaking, teaching, factory labor, &c., which have originated the disease. Yet they will often continue on in despite of pain in the chest and side, cough, or bleeding lungs, whilst every effort they make is only piercing their bosoms with daggers.

NEVER NEGLECT A COLD.

I have before said that a cold will at times cure or retard the progress of consumption, yet it often leads to it; for this last reason a cold should never be neglected. Some persons are very liable to cold, such are usually inclined to consumption. It will often begin at the beginning of cold weather, last a few days, and then go off. The next year the cold begins and lasts much longer. So from year to year, until the lungs are very much irritated and debilitated; at last, the cough and expectoration do not leave at all, and fatal consumption is the consequence. A cold should never be neglected; on its first accession it should be stopped by drinking at bed time, a large draft, say one pint or more of hot tea of sage, or mint, thoroughwort, or lobelia, but not so strong as to vomit; at the same time take a little gentle physic, such as salts, and put the feet in hot water. This will usually soon relieve the cold. Do not give over your efforts until it is removed. An old and celebrated physician, of Philadelphia, told me that whenever he perceived he had a cold, he would go to his bed, take warm drinks, and lie in bed until well, and would never have it last more than one day, and often a less time. Colds in summer, or in warm weather, are far more dangerous and more liable to produce consumption than in winter. Coughs beginning in summer are far more dangerous than those commencing in winter, and should never be neglected.

COLD BATHING.

Cold bathing as a preventive of consumption, is most valuable Persons who bathe in cold water every day, rarely ever take cold, or are liable to consumption. It is one of the most valuable preventives. (See Lectures IV. and VI.)

I have before mentioned the case of a lady who lost all her family father, mother, and seven brothers and sisters, by consumption. She was the last. She bathed her chest freely in cold water, in all seasons, and at all times, from seventeen to thirty-five, the age I saw her; and although at times a little troubled with colds, yet had entirely escaped consumption, and when I saw her, was enjoying good health. It is much more valuable in cold weather, and in variable weather, with the coldest water, than in warm weather, and consequently moderately cold water. I shall refer to this subject again in my future lectures. Bathe in tepid water if you cannot bear cold.

INHALING TUBE, BRACES, AND SUPPORTER.

I have thus far spoken to you of remedies and preventives, which, although valuable, and should never be neglected, yet do not always in every case prevent consumption. I now come to speak to you of preventive remedies, which, if faithfully and perseveringly used with the others, cannot fail to prevent all consumption.

I have told you, consumption cannot take place unless the air cells of the lungs are closed up more or less. This may arise from loss of symmetry[j] by the shoulders pressing on the chest; by tying up the chest so that it cannot expand, and by the falling down of the bowels, so that the floor of the lungs is partially removed, or not well supported. If you have a weak stomach, and sinking all gone there, short breathing, &c., wear a supporter which I shall hereafter describe. (See Plate L.) The next step is to remove all tight lacings from the chest, and wear a pair of shoulder braces. The shoulder braces will assist to rapidly expand the chest, and keep the shoulders from pressing hard on the chest. The next step is to use an inhaling tube. In speaking of the cure of consumption, I shall describe the inhaling tube. (Also see Plate G.) The use of the braces (and the supporter, if the abdominal muscles are weak,) and inhaling tube, will

with the other remedies, entirely prevent the possibility of consumption from whatever cause. The inhaling tube, shoulder braces and supporter, when needed, are useful preventives, and should not be neglected. The lungs are not liable to become diseased, if the shoulders are kept off the chest, and the abdomen well supported, and then an inhaling tube faithfully used. Pains, hoarseness, and weakness of the chest, are often removed. The breathing becomes deep, free and full. The chest rapidly enlarges, and every air cell is opened. Any person, in this way, who chooses to take the trouble, can have a large chest and healthy lungs. Scrofula is driven from the lungs, and is rendered difficult to settle on them. All invalids confined to their beds, except from acute fever or inflammation, should use an inhaling tube, to exercise and expand the chest, and open all the air cells of the lungs, and thus prevent the progress of consumption. After lung fever, pleurisy, or pleurisy fever, or influenza, the use of it is beyond all possible praise, as it will promptly relieve the lungs, and avert a liability to consumption. So also use it if laboring under scrofula, or scrofulous sores, or white swellings of the joints, or hip disease, or spinal complaints, or rheumatism, and, in fact, under any affection that prevents a free exercise of the lungs. In a great many cases, consumption is dated from a lung fever, or pleurisy, or some chest disease. If, after any of these diseases, an inhaling tube is faithfully used a few months, or even weeks, the lungs and chest often become as perfectly well as they ever were. In December, 1842, an old man at Rutland, Vermont, consulted me in behalf of his son, who a few months before had a large abscess in the chest. It opened outwardly, and two quarts of matter were discharged at once. It continued to discharge for six months, up to the time I saw him. I met his physician who told me he had seen an account of the inhaling tube, and although he had never seen one, yet he constructed a rude tube and gave it to this young man, and by its use the lungs had been preserved from any cough, and were strong and well.

Attacks of measles, scarlet fever, scarlet rash, and all the eruptive diseases, and influenza, often leave the lungs in a bad state, especially measles. If the inhaling tube is freely used after these diseases, all seeds of consumption often are eradicated.

The inhaling tube is a most valuable assistant in curing dyspepsia, and many diseases attended with great debility only.

Ladies after confinement, who have the least disposition to lung diseases, should make a free use of the inhaling tube, so as to give immediate activity and expansion to the lungs, and thus ward off an attack of consumption, and prevent all weakness of the lungs. Persons whose lungs readily stuff up, and fill up with mucus, or from any cause, will find that the use of the inhaling tube will entirely prevent this filling up of the lungs, or greatly relieve it. It should be understood, that the only object in using an inhaling tube is to procure a full and perfect expansion of the chest, and the inhaling tube is used to facilitate this object. Taking long full breaths, drawing in all the air we can, so as to fill the chest to its utmost capacity, and holding the air in as long as possible, is in most cases equally valuable with the inhaling tube; it is often better, and may be done a thousand times a day and night, in all places and positions. The weakly and delicate will often prefer the inhaling tube. Persons not accustomed to take long full breaths, should begin their use with the same care and precaution as in using the inhaling tube. For most invalids I think the inhaling tube too useful to be neglected.

CURE OF PULMONARY CONSUMPTION.

Having spoken of the prevention of pulmonary consumption, and having endeavored to convince you that, first, consumption is in some measure a mechanical disease, and may in most cases be prevented by counteracting mechanical remedies, I come now to speak to you of the cure of consumption after it has actually taken place, after the lungs have become tuberculated—after cough has become habitual—after the lungs have become ulcerated—after night sweats and hectic fever are of daily occurrence—after all these are present, I have shown to you that heart disease, asthma, and pulmonary catarrh will cure it. I will now endeavor to explain a course of mechanical and medical treatment, that will in most cases, if seasonably applied, cure settled consumption. I have shown to you that heart disease, asthma, &c., cure consumption by enlarging the chest, and diverting the disease to other localities. I have now to introduce to

your notice a mode of expanding the chest, even when the lungs are ulcerated, that is far better and more certain than to have consumption cured by other diseases, and has the advantage, that it may always be used in every case of persons old enough to use them. The discovery of this mode of expanding the chest, like most great discoveries in medicine, was made by accident, and its fortunate discoverer was an eminent physician of London, Dr. Francis Hopkins Ramadge. Laennec, a celebrated French physician, wrote a work more than 30 years ago, upon the diseases of the lungs and chest. In that work, he announced to the world the fact that consumption was cured by nature or accident, but how this was done he could not tell. Nor could he even hint at a possible mode by which it was effected. He had seen persons in consumption, who had recovered, contrary to all ordinary expectation, or experience, and who, years after, had died of other diseases; he had opened their lungs and seen traces of disease, and cavities where ulcers had once existed in the lungs, but had healed. Dr. Ramadge was a pupil of Laennec, and established a lung hospital in London, many years ago. At this time, Dr. Ramadge enjoys a very extensive and lucrative practice in London, chiefly confined to diseases of the chest. The discovery was as follows: Among his numerous patients was one, who, whilst in an advanced stage of consumption, was attacked with a tumor or swelling at the bottom of the neck in front, and above the breast bone. The swelling became so large as to threaten suffocation. It required all the skill of the doctor to save his patient from being suffocated by the pressure of the tumor on the wind-pipe. In about six weeks the swelling began to subside, but before this the consumptive complaint rapidly yielded, and when the tumor on the throat subsided, the consumption was well. After a little time, the doctor received a call from a person who was the last of his family, all the rest having died of consumption, and he was in confirmed consumption. The doctor related to him the case of the man who was cured by a tumor coming on the front of his throat. At Dr. Ramadge's suggestion, this last patient made a silver band to go around his neck, and on the front of it he fastened an ivory ball, and bound it firmly down on the wind-pipe in front. This operated nearly as the diseased swelling had done in the

first patient. It soon cured the lungs of the silversmith. From these two cases, Dr. Ramadge learned that the effect in each was to rapidly enlarge the lungs and expand the chest. He also discovered, that all he had to do was to cause the patient to breathe through a small opening or pipe, much smaller, say twenty times smaller, than the opening into the wind-pipe. To effect this, he made an instrument then called,

AN INHALING TUBE.

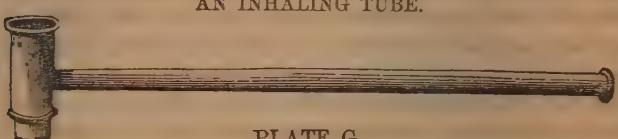


PLATE G.

This tube he at first made about four and a half feet long, with an opening through its whole length, provided with a mouth-piece to go between the lips, and the patient sucked in or inhaled the air as long as he could, and then, through the same tube, blew it out again. By this process, the chest would rapidly enlarge. Dr. Ramadge also made an inhaling tube a little like a whistle, with a valve in it so constructed that the air would go into the mouth and lungs through a large free passage, and, on returning, the air would be forced to go out of the mouth and lungs through a much smaller opening. The effect of which is, to allow the lungs to fill rapidly and without exhaustion of strength, and on leaving the lungs, it is all passed through an opening not much larger than a knitting needle, by which the air was slowly forced out of the lungs, and by this pressure the lungs were greatly expanded, and the air everywhere opened the chest in the freest manner.

Dr. Ramadge is the original inventor of the inhaling tube. For the expansion of the chest, and expansion of the lungs, and the cure of pulmonary consumption, I prefer the valvular tube, as being in all respects the most efficient and easy to the patient. These tubes were at first made of wood and ivory. For several reasons, I prefer the tubes to be made of silver, platina, or gold. Because tubes made of wood, ivory or india-rubber, are apt soon, if used by a person with

ulcerated or diseased lungs, to become very foul and poisonous in some cases. Some time ago, early in my practice in the United States, I was consulted by a man who had ulcerated lungs. I prescribed for him. He told me he could borrow an inhaling tube, to which I did not object. He did well for eight days and a half, when he was attacked with violent vomitings, and died in two and a half days, in despite of all the efforts of four physicians. The symptoms much the same as death by poison. I asked to see his inhaling tube; I found it was an india rubber long tube, and had been used by a consumptive man for four months. It was so impure that you could notice its unpleasant odor on entering the room where it was. I determined at all events, whether poison had anything to do with my patient's death or not, to put it out of possibility by having the tubes made of silver or gold, and never to be made of any material that could contract any impure or poisonous matter from the air that passes through it from ulcerated lungs, that might thus cause ulceration in healthy portions of the lungs, and so poison the whole system. The silver and gold is much better than wood, and will last a hundred years, as far as I have had experience, or in other words, never wear out. The consumptive should always have his inhaling tube. The wood and india rubber tubes, or ivory, will last but a short time.

HOW THE INHALING TUBE ACTS.

Many of you may ask me how the inhaling tube can assist in the cure of ulcers in the lungs. I answer that ulcers in the lungs do not incline to heal; because every day the substance of the lungs is continually growing less, and the walls of the sores or ulcers retire from each other, and continually from this cause and the motion of the lungs are kept separated from each other. But if you use the inhaling tube, its effect is to expand the lungs. In this situation they struggle everywhere against the ribs and on all sides for room, at once closing up any cavity existing in the lungs. Reflect for a moment that the lungs enlarge so as to fill and enlarge the chest, four, five, six, and seven inches in circumference. A good deal of force is used by the patient to open his lungs, and this more strongly push-

es the lips of the ulcers together, and occasions them to heal, or places them in a position to heal. The use of the inhaling tube will very soon teach the patient having ulcerated lungs, where his disease is, as there he will feel pain, smarting and burning, more or less. All ulcers not broken, will, on the use of the inhaling tube, break and discharge their contents. This alarms the patient. There is now no cause of alarm, because all the ulcers must be broken up and emptied before they will heal. Again, by the use of the inhaling tube the air cells all round the ulcer or ulcers, having greatly enlarged and expanded, will swell around and into the ulcerous cavities and close them up. Allow me to illustrate, as well as I can, this most important subject. Suppose I wish to cause two of my fingers, which are now placed beside each other, to grow together. If they grow leaner each day, they will separate from each other, and cannot grow together; but suppose that I by some process cause each finger to swell to two or three times its natural size; the effect of this would be to bring the fingers hard against each other, and should the sides of the fingers next each other be made sore, or the skin be removed, the fingers might be made to grow together. In this way precisely the inhaling tube acts. Its use expands and opens first all the air passages; next, all the air cells; and causes a free expectoration of all mucus and pus, &c. It completely cleanses the ulcers, next enlarges the air cells around the ulcers, diffuses new life and vigor through the lungs, forces the extra blood out of the walls of the air cells which has thickened and nearly closed them up. It causes a rapid and free circulation of blood through the whole lungs, allows no blood to remain in them that should not, and it soon obliges the enlarged blood vessels of the lungs to become smaller and to return to a healthy state. In all cases when there is a cough, but no ulceration, the inhaling tube is greatly required and is of unspeakable value. After bleeding from the lungs, if used with proper precautions, the inhaling tube is of vast value, and its use should never be omitted.

The history of the introduction and use of the inhaling tube is instructive, as it fully proves, that in all sciences, and arts, as also in all mechanical instruments, there may be the original and true idea, and

also the spurious or false imitation, the substance and the shadow. About nine years ago, the discovery and object of the inhaling tube was made known in this country. Instantly attempts were made to make a thing which seemed so simple, and also to use it. No questions were asked, no anxious inquiries were made as to how it should be made, but one physician whittles out a stick, bores a hole through it, and places it in the hands and mouth of some dying patient, and suffers, but does not encourage the patient to use it. Many fly to the use of goose quills, as most eminently appropriate, and as good as anything. A large quantity of tubes in imitation of Dr. Ramadge's long tubes, were made and peddled through many sections of the country, and sold at high prices, without any opening through their length to allow the air to pass through at all. I saw one inhaling tube, formed under the direction of an eminent physician, which was made by cutting off the large end of a tin candle-mould, stopping up the ends, and cutting a small hole through each end, so as to allow the air to pass, and then declaring this was as good as any, whilst in the immediate neighborhood the true article was to be had. In Boston great numbers of tubes have been made and sold, that looked well and would allow the air to pass freely into the lungs, but it could not come out through the tube, but out through the patient's nose, &c. Eminent physicians in many sections of this country have in this manner employed the inhaling tube, or what they supposed to be the inhaling tube, without any success, who on being consulted would pronounce the inhaling tube a failure, and of no use.

In most cases physicians have never recommended the inhaling tube until the patient was in the last days of life, when his lungs were so extensively ulcerated and gone, and his general strength so reduced, that a return to health was impossible under any known treatment. In such cases, without making any allowances for the hopeless state of the case, the tube is condemned, and the physician still adheres to the idea that consumption is incurable, deceiving himself and his unhappy patients. All new remedies, with few exceptions, have to fight their way into notice, and their bitterest detractors and opposers will be found among members of the medical profession. In no case has this been more verified than in the case of the inhaling tube. Being

rejected in some measure by physicians from the causes I have before stated, it has been taken up and used by empirics. This has still farther exasperated the regular profession, and makes them give up all inquiry on the subject—in many cases rejecting a patient investigation and study of a remedy that is destined to produce an entire revolution in our notions of consumption, and place it among the curable diseases.

Will the inhaling tube alone cure consumption?

You will ask me, will the use of the inhaling tube alone cure confirmed consumption? I unhesitatingly answer, no. Medical remedies must also be used: consumption, as a general principle, cannot be cured by the inhaling tube alone, unless the patient is in perfect health except a small cavity or ulcer in the lungs. In nine hundred and ninety-nine cases out of a thousand, proper medical remedies are required. The medical treatment must also be right; if not, the inhaling tube cannot make head against the disease, and the injurious effects of the medicines too. This forces me to make the solemn declaration, and in the most emphatic manner, that the usual routine of practice laid down in nearly all the medical authorities, adopting the use of emetic tartar, blisters, setons, tartar sores, caustics, housing up the patients, confining them to their rooms, using opium and its preparations, drastic emetics and purgatives, much bleeding, iodine, low diet, &c., are all calculated to make consumption, and not to cure it; so that if the inhaling tube is used in conjunction with these remedies, its benefits are nearly counteracted.

The first step in our progress is to know if the lungs are actually diseased or not.

The air, in passing in and out of the air cells and air passages of the lungs, gives peculiar sounds in health, from which there is no great variation in persons of the same strength and age. When the lungs become diseased, the air does not enter some parts; or in passing in and out of their air-cells and passages, it gives a different sound from what it does in health. On this is found the art of examining the chest, to ascertain the condition of the lungs. You know the piano, the accordion, the flute, the violin, all give forth peculiar and different sounds; and so does a perfect, or a broken, or a cracked instrument or an instrument imperfectly made. Every deviation from health is im-

pressed on the sound, or absence of sound of air in entering or leaving the chest. It requires an instructor, time and practice, and constant experience, to be able to explore the chest, or ascertain the condition of the lungs with proper certainty. In London, Paris, New York, and Philadelphia, as far as I know, nearly all the practice of examining the chest is done by very few in each city. In all these cities it is perfectly understood, that one man cannot know all branches of medicine and surgery, and be as perfect in each branch as if the whole mind and experience were devoted to one department. In each of these cities there is practice in each branch enough to employ the best minds, and all the time of physicians who are devoted to one branch only. It is customary in these cities for physicians, who do not devote their time to examinations of the chest, to send their patients to those who make examinations of the chest a particular study. No certainty and accuracy can be attained in exploring the chest, without a good teacher first, and large experience and observation afterwards. The author of these discourses, besides his opportunities in London, has had twenty-seven thousand consultations in cases of consumption and kindred diseases, within the last seven years. In no instance have I ever had a decision of mine proved incorrect by any physician. I name this, in the hope that when I mention in my discourses that such or such a patient had diseased lungs, it will be understood that I carefully examined the chest myself. No matter how learned a physician or surgeon may be, without considerable practical experience, he is liable to fall into great and sometimes deplorable errors in his opinions on the state of the chest, for it may be diseased and he not detect it; and he may pronounce disease when there is none. A striking case of this kind occurred in one of our largest colleges a few years ago. A young gentleman, a student, was taken sick with what appeared to be consumption; besides his attending physician, two professors and teachers of medicine were called from a large neighboring city, who all pronounced the case confirmed consumption, and advised sending for his father, who came and took his son home. Passing through the city of Boston, he called on one of its oldest and most respectable physicians, who agreed with all the others, that he was in the last stage of consumption. The young man went to the state of Maine, where

he resided, and died in eight days after his return. His father had his chest examined after death; his lungs were found to be in perfect health. He had died of disease of his stomach.

I knew another case, where a young man died in the interior of the state of Connecticut, of what was supposed to be a disease of his kidneys. He never had any cough until a week before his death. Several physicians had seen him during his sickness. After death, his body was examined; no disease was discovered in the kidneys, but both his lungs were found to be extensively diseased; he had died, not of kidney disease, but of consumption. Some persons may actually have diseased lungs, who hardly suspect any such thing, and others may seem to have consumption who have it not, but some other part besides the lungs is the seat of the disease. There is no way of settling this, but to have the lungs examined by some gentleman who is acquainted with the mode of examining and exploring the lungs and chest, both in disease and health. A man who does know how to examine the lungs, goes to the chest to learn their condition, whether diseased or not, with the same confidence as you would look upon the face of a clock, to tell the time of day; but to do this, the physician requires knowledge and much practice.

TREATMENT.

Having ascertained by actual, careful, and skilful examination of the chest, that the lungs are diseased, the physician should inquire into the condition of every other part of the system. He should investigate carefully the condition of the brain, the nervous system, the stomach, the bowels, the kidneys, the heart, the circulation of the blood, if there is daily fever, or night sweats; if the patient has piles, gout, rheumatism, scrofula, skin diseases, or any humor; canker, sores upon any part, such as white swellings; dyspepsia, gravel, all kidney diseases, throat diseases, liver complaint, worms; in ladies, falling of the womb, all female diseases, weakness at the pit of the stomach, or across the bowels, sinking, or all gone at the pit of the stomach; weakness of the back, pain anywhere, stoppage of healthly nature in ladies, costiveness or diarrhœa. These must all be cured, for it is irrational to expect, as a general thing, to cure the lungs, and

leave any of these before-mentioned diseases upon the patient. A cure cannot be easily realized, whilst other diseases are upon you. For all these different complaints, I administer what I think to be proper remedies, so as in general to remove them perfectly.

I next put upon my patient, a proper abdominal supporter, well adjusted, of the right size, strength of pressure, &c.; next, I put on him a pair of shoulder-braces, and give him an inhaling tube, with carefu' directions. 'I take care that the tube is prepared for his or her case, as the inhaling tube differs in many persons; what suits one person will not suit everybody, or every patient; if the inhaling tube is not perfectly adapted to the case, its efficacy is much impaired. next direct him or her to be bathed freely every morning in cold water, or cold salt and water; any kind of spirits may be used in the water. The efficacy of the water arises somewhat from the tonic power of the cold that is in the water; hence, the colder the water the better for the patient; if not accustomed to cold bathing, the water may be a little warmed at first. (For directions for bathing, see Discourses IV. and VI.) Before washing all over, the chest should be rubbed well; if cold and chilly, use flannel,—if not, use a cotton or linen towel; after being well heated up by rubbing, then wash all over with the cold water, especially the throat, neck, spine, all the chest, and stomach; it is better to wash all over, daily, either morning or evening.—I rather prefer the morning. Unless under very peculiar circumstances, nothing should be done to reduce the strength of the patient. It has been the fashion at various times to consider every step in the commencement and progress of consumption to be occasioned by inflammation, and to reduce inflammation, the patient's blood must nearly all be taken from him.

BLEEDING.

At one time, bleeding was all the fashion in consumption, and this but a few years ago; for be it understood, there is a fashion in medicine as in everything else; as leaders and setters of fashion say, so it is adopted by all their followers, or those who rarely think for themselves, but rely on others for direction; for this reason, at one time, bleeding was all the go. I once knew a man bled nineteen times in

eighteen days; I well remember his remarks on its singular efficacy, how it removed all the cold chills. He had constitution and lungs to have lasted many years; he never rallied from the dreadful bleedings, and died in a few months. In prescribing for about twenty thousand persons within about four years in this country, and at all seasons of the year, and in all locations, from Virginia to Canada, I have never recommended bleeding, but in one case. In this case the young man had a cousin that bled to death from the lungs two months previously, and another cousin of another family, that bled to death two years before in the same way. He came to me, and had been moderately bleeding from his lungs for three days. In his case I directed bleeding from the arm, and other remedies, and soon relieved him. In the ordinary progress of consumption, I never think of bleeding, as it would be productive of vast injury. One or two leeches may at times be used, but I rarely find it necessary; still, at times leeches are of great benefit.

COUNTER-IRRITATION.

It has been at different times the fashion to use the most severe remedies to produce irritation, and discharges, and sores on the chest, so as to cure internal inflammation. Three days since, I saw a lady, who, under the direction of a respectable physician, had put seventy successive blisters on her chest, with hardly any perceptible benefit. Another lady I saw a short time since, who had on her chest, made under the direction of a physician, the most severe emetic tartar sores. The physician himself applied the emetic tartar ointment. Its severity and extent may be inferred from the fact, that on the breast-bone an opening was made directly through it into her chest. It was several months before it healed. These sores and blisters, besides being most horrible and dreadful in nearly every point of view, tend greatly to reduce the patient, and unless under very peculiar circumstances, should never be used. In some rare cases they may be used, but the cases where they are needed are very rare.

I once knew a young lady who was in consumption, but able to attend to all ordinary duties, to take long daily walks, a good appetite, and fair strength. Under bad advisers, she put an immense blister

plaster over her whole chest, and kept it on all night. It drew one vast blister. She never after could leave the house, and hardly her bed, until her death. For the first three weeks after using the blister she never left her bed, except to have it made, &c.

Blisters and emetic tartar sores in three ways act injuriously to the lungs. First, by the distressing pain and suffering they induce, they overcome the nervous system; next, their discharges reduce the patient by the drain from his system; and lastly, they prevent his breathing; he cannot expand his chest on account of the pain produced by the sores when he moves his ribs in drawing in the air, or letting it out.

It is an interesting fact, in removing pain, a piece of linen or cotton cloth, folded two or three thicknesses, and wet in cold water and laid upon the chest, or any part from which you wish to remove pain, will remove the pain nearly as soon in many cases as a blister, without producing any injurious consequences whatever. The cloth may be wet two or three times in twenty-four hours, and worn all the time, or only at night, and the pain will usually cease. If still the pain does not leave, a liniment may be rubbed on, and this will usually complete what the wet cloth has not perfectly done, or you may rub on the liniment, and then cover the part with the wet cloth, and very rarely will you ever fail of relieving the pain, without any suffering to the patient, or loss of strength, or those horrid scars which so often disfigure the neck and breast of beauty.

DIET.

On no subject does medical philosophy fail more than on the subject of diet. This is so with the consumptive. I believe the best rule is, to allow them to eat whatever they please, without eating so much as to load the stomach or cause fever. Well cooked meats, fish, stale bread, vegetables, fruits, wine, beer, porter, &c., and in fact, every thing in moderation that gives strength and does not produce much fever; slight fever will soon go off, and does little hurt. Coffee I usually find to do harm, and also acids. Use a plenty of salt, not much pepper or spices. Salt provisions are not usually desirable. The food or drink usually, may be rather cold instead of very warm. Pastry and all varieties of confectionary, hashed, spiced,

or sweet-meats, &c., should be used very sparingly. In all this the patient should be his own doctor, study his case carefully, and eat what he finds to agree with him, and not positively to disagree. Rigid rules of diet I have seldom found of much benefit.

AIR.

To the consumptive, pure air is an important medicine. It is far more valuable than all other remedies. It is the grand agent in expanding the chest. It was a fashion, some time ago, for all consumptives to be housed up, or sent either to a warm climate, or at a very early day in the fall to their warm rooms, and kept there until the next summer, or late in the spring. A few, very few, would survive one winter. They usually went from their rooms to their graves. No practice can be more fatal. It almost surely ends in death, and usually cuts off every hope of a cure. The consumptive should be kept out in the open air as long as possible daily, if the weather will at all allow of it, either to ride or walk. If he cannot ride, he should walk in a cold room each day; and if still obliged to keep his room, I often direct a small hose or stopcock to be placed through the window frame, and draw the air from out of doors to the inhaling tube. The effect of the cold air is very salutary upon the debilitated and ulcerated lungs. The cold fresh air is vastly more nutritious to the lungs and system than warm air; and even half a lung fed with cold pure air, will sustain life when, if only supplied with warm, rarefied air, it would allow the patient soon to die. For this reason I always keep my patients at their business, especially if in active and out of door occupations. When in consumption you confine yourself to bed, it is usually the last place before the grave. Again, let me say to the consumptive, keep out as long as possible. Do not be enticed into the house by the sympathy of friends, or the advice of physicians, and do not take reducing and strength-destroying medicines.

Change of air, and with it change of location.

Supposing all the while that you are using your proper remedies for consumption, as I have before remarked, and shall still again no-

tice, change of air will be found of vast benefit, if you have the means of doing it, and at the same time your mind is tranquil. Going from the valleys to the highlands, from the city to the country, from the mountains to the valleys, from the country to the city, leaving lakes of water and the seaboard, and retiring a few miles into the country, away from much water and on dry situations. In your new residence, take as much air as you can, by walking, riding in a carriage or on horseback, &c. If you gain in one locality, stay there just as long as you improve or decidedly hold your own, or do not go back any.

JOURNEYS.

Long and pleasant journeys, which are not too fatiguing, such as on horseback, or on foot, or in a carriage, will often, if properly managed, contribute much to a recovery. Great care should be taken at all times, and in all exercises, not to overcome yourself by too much exhausting your strength.

In February, 1844, I was requested to see Mr. Webster, a respectable merchant of Boston. On visiting him I found him very comfortable, and occupying two very fine rooms in his own house. The temperature of the rooms was kept steady, &c.; in a very pleasant situation and condition. On examining his chest, I felt confident that he could be cured, and told him and his friends so. At any rate, I felt the utmost assurance, with the care he was taking of himself, that most likely he would live six or eight months without my aid. Different counsels prevailed, and he was persuaded that a change of climate would be a far better mode of treatment than to place himself under my care. In pursuance of this, about the first days of March, the worst month of the year, he broke up his pleasant and perfect winter quarters, and went by boats and railways to Baltimore, and thence to Norfolk, in Virginia. Far better would it have been for him to have gone to Canada at that season. He died in four weeks, or thereabouts. In April his body was brought back to Boston. I have hardly ever witnessed a case that filled me with more regret, or that more strikingly exemplified the ignorance and bad counsels prevailing on the subject of consumption.

SEA VOYAGES.

It has been the fashion to recommend sea voyages, and much is said of long sea voyages, and some pretend they would effect a cure if the voyages were long enough. To this, I entirely dissent. I believe all a sea voyage will do, or can do, is gained in five or six weeks. I have at times witnessed the most heart-rending scenes of distress from this cause. Allow me to say, that a bad cold will often get well by going to sea, but if actual consumption is present, I think the patient is better on land, than long at sea. I will give one case.

Mr. —— Perkins, of New London, a son of one of the richest men in New England, and by his mother inheriting consumption, after being out of health, and in consumption for some time, was persuaded, advised, and by all that could be said, incited to leave his wife and six interesting children, and take a voyage in a whaling ship to the Sandwich Islands. After the most heart-rending separation, almost equal to death, he embarked on this long, this dreary, this cheerless, to him hopeless journey. He lived to reach the Sandwich Islands, with but one engrossing, anxious wish, which was to reach his home and die in the presence of his family, and bestow on them his last blessing. This was denied him. On board a whale ship, far from all he loved, he died, first requesting his heart to be taken out and placed in an urn, and sent to his wife and children, as the husband's and father's last gift. I was in New London when the ship came in, bearing the tidings of his death, and the only relic of his person. His body found a resting-place in the ocean. How much, think you, would he have given, could better counsels have prevailed, and he been allowed to have spent those dreary months in the bosom of his family during which he lived at sea. Allow me to say to those who conjure up fanciful pictures of pleasure at sea, that the ocean is a perfect wild, howling wilderness, with scarcely a single object or incident, save accidents, to cheer or change its dreary monotony. I speak this from ample personal experience. Peculiar cases may occur, and have occurred, but as a general experience, it is very rare that any person in consumption was ever benefitted permanently by a long sea voyage.

WARM CLIMATE.

In speaking of the prevention of consumption, I gave my views of a warm climate as a preventive. I will now say that as a curative of consumption, nothing can be more fallacious. A pair of broken lungs that would last for years in a cold, dry climate, would cease to act at all in a few weeks, in a hot climate. Cold air is a good tonic, and restorative of the system. In such air, even a small piece of healthy lung will serve to sustain life, whilst the same lung in hot rarefied air, would immediately lose its strength and die. There is as much difference in the nourishing powers of cold dry air and of thin rarefied air in sustaining life, as between wheat flour and wheat bran. Remember, consumptive, that travel wherever you please, you cannot travel out of your body. The disease originated in your own body, by your own acts. Your cure will depend on yourself, and the use of the remedies indicated in these lectures. Do not fancy there is some far-off favored spot, which, if you could reach, it would be found exempt from consumption. No such place exists where civilized man resides. Do not expend all your strength and money to reach such a spot, which, when attained, only fills you with the cruelest mockery and disappointment. A temperate climate, neither very hot nor cold, nor damp, nor changeable, is no doubt the best.

RESPIRATORS.

I will say one word of respirators, and of anything worn over the mouth, and used to modify the air, and keep it warm. In some cases of irritability and inflammation of the air pipes only, or throat, they may be useful for a short time; but in general, they weaken the lungs and tend to produce consumption, instead of curing it or preventing it. I scarcely ever recommend their use. In disease of the air pipes only, they may be used at times.

Under what condition of the lungs may we hope for a cure of consumption?

You may now ask under what condition of the lungs may we hope for a cure of consumption. I will endeavor to group off classes of cases, consumption usually occurring in one or other of these forms

The first case I will mention is as follows: Suppose a person to

have lost father or mother, brothers or sisters, by consumption, or that he is in any way predisposed to this disease, and that this person has had to contend against long continued colds, that he has suffered from influenza, pleurisy, lung fever, measles, scarlet fever, scrofula or some humor struck in; that his strength has been broken down by any cause, as confinement, dissipation (in the case of men); confinements, miscarriages, falling of the womb, &c. (in the case of females); or that the individual, whether male or female, is reduced in strength, or has his or her health deteriorated by wounds or other injuries, which render confinement necessary, and thereby induce debility, or that he or she has been suffering from dyspepsia, liver or spine disease, fistula, and its consequences, bleeding from the lungs, lingering fever, rheumatism, &c. Suppose this person, after being exposed to one or more of the above named causes, to be attacked, whether having or not having a pain about the chest, with an obscure hacking cough, slight, and not alarming, and not attracting much attention, after awhile the cough increases, until it becomes habitual, night and day—easily excited by exercise, by laughing or talking much, is most severe on lying down, or on rising, or going into a cold room, or in the open air, accompanied, moreover, with shortness of breath, quick pulse, followed, after some time, with much debility, disinclination to business, and great fatigue after the least exertion; to this there may be added pain in the side, across the top of the chest, between the shoulders, beneath the shoulder blades, down the arms, running from the breast bone to the spine, the entire length of which is traversed by this pain, cough by day and night, daily chills and fever, exhausting night sweats, occasional bleeding from the lungs, the cough being devoid of any expectoration, while the lungs are much congested.

Consumption thus far is as curable as the ague and fever, with suitable medicines, inhaling tube, shoulder braces, supporter, &c., &c., as I have before indicated. Nearly all such cases will get well when the patient does his duty to my remedies and directions.

SECOND GROUP.

Suppose a patient to have all or some of the symptoms mentioned in the first group, and in addition, he had ulcerated lungs, in the top

of one or both in front, and suppose his cough, in place of being dry, is humid; or in other words, he raises a good deal of frothy or thick cream-like matter, with little specks of cheesy matter in it; but his strength is such, that he is able to be about his business, generally, and the rest of his lungs are good, or nearly so, and his or her general strength is not much impaired, or greatly so. Cases of this kind are eminently curable; say at least eight out of ten will get well.

THIRD GROUP.

Suppose a person who has the diseases, &c., and the condition more or less of the first and second group, and raises the same matter, but in addition has a little phthisic, or asthma, or heart disease; all such cases, with hardly a solitary exception, are curable, and often in a moderately short time. I always feel most gratified, if I find traces of asthma in the lungs, or in parts of them, as I can usually prognosticate a happy recovery. The same remarks apply to the presence of heart disease, with any or all of the symptoms or states of the lungs I have before mentioned.

FOURTH GROUP.

Suppose the case of a person, or of persons, who have lost all, or nearly all of one lung, whilst the other lung is good, or a little asthmatic. The cure of such persons becomes doubtful, and in many cases impossible; yet I know persons who enjoy fair health, and do a goodly amount of labor and business, who have lost one lung, or carry it in their chests a mass of disease. Cases at times occur where one lung is lost entirely; it wastes by disease until nothing remains of it. Yet such is the restorative powers of the system, that a person may lose one lung, and live to old age with the other. At times the entire loss of the left lung will take place, and the heart losing its support, will act most irregularly, and give rise to the opinion on the part of the medical advisers, that there is a terrible heart disease present. I have frequently witnessed these mistakes on the part of physicians not skilled and experienced in the art of examining the lungs. I was consulted a day or two past by a lady for her infant

child, eight months old, that had been suffering with a difficulty in its breathing since it was four days old. The physician pronounced it a heart disease. On examining, I found the heart well, but the left lung was all but entirely lost, it was extremely diseased.

FIFTH GROUP.

Under this group, I introduce all those cases where there is extensive disease at the bottoms of the lungs, or where there is extensive disease and ulceration anywhere in the lungs, and the rest of the lungs badly tuberculated, and with this state the general health much wasted and broken. In females, the periodical nature, long since ceased, dyspeptic, often vomiting and chronic diarrhœa, and the powers of the constitution very much prostrated. Although I have seen some such cases terminate in a perfect recovery, yet in the larger number of cases, the patient sinks to his final rest. In females, I have rarely lost a consumptive patient who had regular, healthy nature.

Finally, there is a great difference in the amount of disease and destruction of the lungs some persons will bear and live, whilst one half the injury in another person would terminate fatally. This is owing to the difference in the constitution of different persons. I have known a child die from a scratch on its finger, so feeble the powers of its constitution as to allow the finger to mortify, and death follow. I have known a man to receive seventeen stabs with a dirk in his limbs and body, and yet recover. I have known persons whose constitutions were so frail, either by habit or inheritance, that a very slight ulceration of the lungs would quite suffice to sweep them away, whilst another would be about and doing a little business, with a loss of half the lungs. From the general and almost universal belief that consumption is incurable, and the exceedingly ill success that follows the usual practice of medicine in its treatment, persons inclined or predisposed to it, are the last to acknowledge it, or to ask aid. Their friends usually speak of it long before they do. Let me address such in the language of the deepest sympathy. Your disease is eminently curable, and in its earliest stages, only a short time is required to effect a cure. You can have a perfect command of its progress. Do not allow it to progress beyond the first stages. Do not wait until

your lungs are badly ulcerated. Do not, whilst consumption is on you, say, "I am not sick enough to doctor, or use remedies."

Again, let me in the most solemn manner conjure the consumptive, after he has commenced the remedies I have pointed out, and by a fair trial, finds himself improving, not to leave off, but resolutely and patiently persevere. Every step you gain, will give you strength to gain more. You will go from victory to victory, until you attain to perfect health. Some of your remedies, you should never lay aside; such as bathing in cold water daily, and with it, full friction of the whole body, and the occasional use of the inhaling tube if the lungs are stuffed up, or oppressed, or painful, also practise full, free, deep, long breaths daily all your life, remembering, after your lungs seem well, they will be weak where they were once diseased. A relapse is dreadful. It is no trouble for me to cure consumption, by God's blessing, in a great many cases; but the difficulty is to induce patients to persevere in their remedies. When once a little better, keep on until well; and once well, use the remedies to keep so. It is often to me a matter of profound surprise, to observe persons who in consumption have lived for months or years in view of an open coffin, and a certain grave, and yet, as soon as relieved of consumption and all feelings of danger past, and lungs nearly well, in multitudes of cases, from pure heedlessness and indolence, or on some frivolous excuse of not convenient, or not time, or a continual love of ease, they will lay aside their remedies, and relapse back into exactly the same habits that originally induced in them the consumption. Allow me to say, it requires from six months to three years to produce a radical cure of consumption. For further instructions to the consumptive, see Discourses IV. V. and VI. in this volume.

I will observe, that although physicians usually assert consumption to be entirely incurable, and say it never was and never can be cured, yet they never hesitate to treat it. Believing the disease to be fatal, they will rarely ever at first admit that the sufferer has consumption. This, I have no doubt, in a vast majority of cases, arises from sympathy and benevolence; they have too much feeling to tell the patient or his friends that he has consumption, and so pronounce sentence of death upon him. Thus the unfortunate consumptive, in

nearly all cases, seems forced to die, by circumstances that appear planned expressly for his destruction. Attacked with shortness of breathing, he calls on his physician and is informed it is nothing but *debility*, and all he gets is in most cases remedies that increase the debility until all ends in rapid consumption. If he takes a cough, he is told it is nothing but a cold; this will run on for weeks or months, defying all remedies. He now most anxiously asks his physician if it is not consumption—says some of his kindred have died of consumption. "No," says the physician, "it is only bronchitis, a little trouble in the throat, which will soon be well." Perhaps he has his palate cut off and his tonsils cut out, and his throat burned with caustic, and more medicine given. Fully is he encouraged to believe it is not consumption. After some time, still growing weaker with fever, night sweats, chills, bad cough, raising much matter, mucous, frothy, &c., and often more or less blood, his flesh wasting away, &c., and told all this while it is not consumption. In great despair another physician is called to consult with his family physician, and examine the chest; and now, when the patient has not a month to live, he or his friends are told there is a little tubercle, only a little, on his lungs, and he is advised to take Cod Liver Oil, or some other fashionable medicine, and go to the country, or to the south, or sea voyage, from which, if he ever returns, it is only to die soon. Thousands and thousands the last year have been carried to their graves after the use of Cod Liver Oil, under the fullest promise of a cure. In this way the precious months are wasted in which a cure is possible. No cough should be allowed to go on more than one week before full measures should be taken for its cure.

Do not be led off by such fatal delusions as I have mentioned; read this book, and strictly and instantly follow its teaching, and most particularly, if any of your own blood relations have died of consumption. Men can bear the ravages of diseased lungs much more than women; the last have smaller lungs, and more delicate systems. Ladies, do not delay seeking relief if in any way out of health in lungs, stomach, heart, or from female trouble.

See the letters for examples of how low a person may sink in consumption and get well; yet beware of getting so low yourselves.

ASTHMA, OR PHTHISIC

With your permission, I will say to you a few words on the subject of asthma. The causes of asthma, or phthisic, as it is often called, are as obscure to all medical men, or nearly all, as consumption, and often much more so. The causes of consumption are obvious and palpable; but the causes of asthma are usually an entirely sealed book to them. When speaking of diseases that cure consumption, I spoke of asthma as one. I now propose to speak of the causes of asthma, and its cure. A disease something like asthma may arise from ossification of the heart, or its great vessels, but these cases are comparatively rare.

In my opinion, asthma always arises from a consumptive taint, and is excited by the same influences that would have produced consumption; but God has ordered, that in place of consumption an opposite train of symptoms arises that vastly enlarge the chest, instead of allowing it, as in consumption, to grow smaller and contracted. In asthma, the air-passages and lungs are more or less covered with humor, and periodically subject to great terrible congestion, filling, and thickening up; hence, at such times, the patient cannot lie down from a feeling of immediate suffocation, if he tries to do so. Thus for months and years, there are times when he cannot lie down at night, but sleeps what little he does sleep, in his chair. I do not know that such a thing as a radical cure of asthma is ever hinted at in books, or any plan of treatment laid down that will be of any permanent benefit. In asthma, the chest is too large; in consumption, it is too small. (See Plates H and I.) I treat asthma precisely as if it were a consumption, and by doing so, meet with complete and almost universal success. Asthma is far easier to cure than consumption, and it is not so apt to recur again. Persons who at considerable intervals have fits of asthma, may have it cease altogether, and consumption takes its place. Have it and the consumption which excites it cured, and all is well.

In the discourse on the proofs of the cure of consumption, see the letters on the results of the treatment of asthma. A strong argument with me in favor of the side that asthma arises from consumptive influences, I find in the fact, that asthmatic parents have consumptive

children, and some of the same family of brothers and sisters may have asthma, and others have consumption.

Asthma is a true skin disease, and its paroxysms increase and decrease; it is governed by the same laws that govern skin diseases. It is a most curable disease. I have had over 2,000 cases of asthma in five years past. I have no knowledge of ten cases but what have perfectly recovered in those who have faithfully followed my directions and used my remedies, such as I have already pointed out for consumption. No disease presents such striking and marked benefits by a radical change of air as asthma. English and European asthmatics are usually vastly benefitted by residing in this country, and American asthmatics derive great benefit from a residence in Europe, all by a change of locality—first in one place and then another, until they find a place that suits them. Residents in the country often are benefitted by residing in a city, and citizens by residing in the country. But without any change of climate or location whatever, in nearly all cases it may be cured. It is cured with more difficulty in old people. If a change of location is made to a colder climate, it should be made in warm weather. Changeable weather much affects asthmatics. I again repeat, it is most curable, and in nearly all cases, no matter of how long standing or how apparently hopeless. For directions respecting diet for the asthmatic consumptive, see remarks on the stomach and food in Discourse VI.

HEART DISEASE.

I have before referred to the fact, that consumption is often cured by irregular action of the heart, and by disease of the heart. The heart often has diseases of its own, independently of association or sympathy with any other organs; yet there is no organ of the whole body that is more influenced by the condition of other organs, than the heart. The condition of the stomach powerfully influences the heart, and so does falling of the bowels, before referred to, and falling of the womb, and so does the condition of the lungs. The lungs, the stomach, the bowels, and the brain, may produce what seems to be heart disease when the heart is not at all diseased. The heart is often greatly affected by the condition of the walls of the chest itself. It is

very often noticed that by stooping and leaning the shoulders heavily upon the chest, it is contracted at its base in front, and the breast-bone thrown flat down upon the heart, in this way injuring the heart, and leading to the opinion that there is disease of the heart, when there is no disease of it; but the walls of the chest have closed around it, and the heart cannot act. After forty years of age, and in a great many cases at an earlier period, the heart begins to enlarge in multitudes of persons, and if the chest enlarges also, all is well; but if the chest does not enlarge, then the heart is compressed, and palpitation, suffocation of the heart, and apoplexy, may take place. From this fact is explained the reason why we have little heart disease until after the middle periods of life.

That heart diseases often arise from consumptive influences, I have verified in a great many cases. Knowing this, I have often ascertained the presence of heart diseases in one or both parents, when I have found the children highly consumptive; yet nothing of consumption in any respect had shown itself in the parents. The treatment of heart disease, in a great many cases, is required to be the same as we find necessary in consumption; in fact, with a little modification, I treat many cases of heart disease the same as I do consumption, and often have the pleasure of entirely curing it, when all hope of life had fled. Of course, cough medicines are not required if no cough exists.

I enlarge the chest; I restore as soon as possible the chest and all parts of the body to perfect health; if necessary, use the inhaling tube, shoulder-braces, and supporter for the abdomen; in fact, treat the heart disease, with a little modification, as I do consumption; in some cases, out they are not one in fifty, such changes have taken place in the form and structure of the heart itself, as to render a cure impossible.

I will remark, that the heart is placed under the breast-bone, and to the left of it. Mostly about one-third of the heart lies to the right and two-thirds of it to the left of the centre of the breast-bone; so the heart has the breast-bone, and the flexible ends of the ribs, chiefly in front of it, the spine behind it, and the lungs on its sides. (See Plate D.) You will see by its commanding and po-

culiar position, how the enlargement of the heart must enlarge the chest at its base, and throw back the top of the frame, and make the person full chested, and straight. Now, if a heavy pair of shoulders, with the dependent arms, are thrown forward upon the chest, the heart cannot enlarge, and must be more or less suffocated, producing palpitation and disease of the heart. The heart is supported at its sides by the lungs. Sometimes one lung, from some reason or other will waste away, or it will become bad and shrink up, so that no air will pass through it. The heart, in such a case, losing its support will beat very irregularly, and seem to be greatly diseased, when in fact it is not diseased at all. The condition of the heart can only be fully detected by an examination by a person who is skilled in the art of examining the chest, and thus ascertaining the actual condition of the heart and lungs, and great blood vessels. A vast many mistakes, and those the most unhappy, arise from the examinations of medical men whose knowledge and experience are not sufficient to determine, with certainty, the condition of the lungs and heart. I once heard a medical man, of considerable eminence, lecture against the idea of curing consumption by expanding the chest, and instanced the case of a man whom he, the lecturer, had treated for some time for heart disease, who died; and after death, his chest was opened, and it was found that the left lung had disappeared, or entirely wasted away; the heart was well. "Now," says the lecturer, "no person could have told that the lung had disappeared, until the chest was examined after death!" In September, 1844, I was consulted at New-Britain, Connecticut, by a man who was subject to fits. He usually had about five fits in the day time, and three at night. He would lose his consciousness at the time, yet not fall down, but would seize hold of any thing in his reach, and endeavor to break it, even to grasp the blade of a scythe. His appearance was that of an idiot. The fits had greatly impaired his intellect, and all the powers both of mind and body. He was a shoemaker, and stooped very much; his shoulders lay more upon the chest than any case I had ever seen. I found on examining his chest, that the breast-bone lay upon his heart, and pressed hard down upon it more than I had ever seen before; and that the pressure of the breast-bone upon the heart was so great that the blood

could not pass well through the heart. About three times every day, the blood would so accumulate as to stop the action of the heart, and prevent the blood returning from the brain, and this would cause a loss of consciousness, and a fearful sense of impending dissolution. He would usually have two fits every night; any excitement would increase their number. I considered the disease to be entirely mechanical, proceeding from the breast-bone pressing upon the heart. I at once put on him a pair of stout shoulder-braces, to bring the shoulders off the chest, directed him to stand up straight, and not to stoop, and if he felt a fit coming on, to throw himself back, and to throw his shoulders as much as possible off the chest, and to avoid stooping. I also gave him a little medicine to assist and take away any irritability of the heart, &c. In seven days he came back; he had had but one fit in the day-time, and two at night, three for the whole week. The idiotic expression of his face was gone; he had not passed such a week for many years; he experienced that, on feeling the least trouble at his heart, or distress at the pit of his stomach, which always preceded a fit, by throwing himself backwards and throwing his shoulders back, and throwing open his chest so as to lift up the breast-bone a little, the circulation of blood went on through the heart, and no fit would take place.

I will give one more case out of a great many. In October, 1843, I was consulted at Nashua, in the State of New-Hampshire, by a young gentleman, seventeen years of age, who had a most distressing affection of the heart; his face wore a blue corpse-like appearance, and he was entirely unable to do any business, could only walk with the greatest difficulty, and had been obliged to leave off all occupation. He had consulted the first medical men in Boston, who gave him but little hope of recovery; he had much palpitation of the heart, which was greatly aggravated on the least exercise. On examining his chest, I found the breast-bone pressed heavily upon the heart, so as to prevent a free circulation of blood through it, from which resulted all his illness; he was also very scrofulous. I put on him a pair of shoulder-braces and gave him an inhaling tube, to fully expand his chest, and also suitable medicines to cure the irritability of the heart, and directed all the remedies as I would for consumption.

save cough medicines. The young man improved with the greatest rapidity. Four weeks after, I met him at a ball. He did not take much part in the dance, but was vastly better, and I believe has perfectly recovered. *It is of great consequence that the heart rule the chest and govern the lungs.* A regular, symmetrical enlargement of the heart and great vessels rarely does any hurt, provided the chest enlarges with it. But if the chest does not enlarge, or the heart enlarges irregularly, then the case is full of danger. Sometimes one side of the heart will enlarge more than the other side, &c., &c. In this case danger arises.

Costiveness, dyspepsia, rheumatism, gout on the heart, ossification of it, &c., &c., will all incline to produce changes in the heart, and should be obviated and cured; also great loss of blood by design or accident may injure the heart, and cause great nervousness; for a long time producing palpitation of the heart, which will at times lead to disease of it. I think heart diseases easily managed, and in a great many cases curable, especially in scrofulous subjects, and in persons who have consumption, or who have had it, or who are predisposed to it. Softening of the heart is a rare disease, of which I have met but two cases in this country; therefore I do not speak of it.

Within the last five years I have had more than 3,000 persons of all ages and both sexes consult me for the relief of heart troubles, palpitation, heavy beating, irregular action, fluttering, stoppage, intermitting, rheumatism on the heart, weakness of the heart. I have met cases of partial dislocation of the heart, and various true organic derangements of the heart, enlargements, &c., &c., water about the heart, nervous derangement of the heart, yet of this whole number I have not lost ten patients, either young or old. Suitable medicines and mechanical remedies are what I use with wonderful success. I believe that I am almost the only living physician who treats diseases of the heart with a view to perfect and permanent cures. It should be recollected that most diseases of the heart begin by irregular action, and if this irregular action is not checked, organic disease may be fully developed and eventually lead to fatal results. (For directions repecting diet for persons laboring under heart diseases, &c., see my remarks on the stomach and food in Discourse VI.)

MINERAL WATERS.

In the progress of the lecture, I have not spoken a word of mineral waters, as a matter of prevention or a curative agent in consumption. This subject is too extensive to dwell much upon, save in general remarks. In seated consumption, when the lungs are ulcerated, I know of no waters that will be of any benefit. This leads me to speak of the Red Sulphur Springs, in Virginia. In 1845, at an immense expense in time and great sacrifice of personal ease, I visited that celebrated spring. I found a most valuable spring of water, which had suffered greatly in its reputation from having too much imputed to it. Too many virtues claimed for it had, from the numerous disappointments and heart-rending distress produced from this cause, injured the reputation of the spring. Few persons were there; and not one person, as far as I knew, who had badly ulcerated lungs, had derived much benefit. This water, had it been praised for what it really is, would stand most pre-eminently high, and almost alone in some of its properties. It has an influence in reducing irritation and inflammation of the mucous membrane, or the skin that covers the inside of the throat, the air pipes, and the cells of the lungs, and the skin that covers the interior of the gullet, the stomach and bowels, and the internal lining of the bladder, the womb, &c. In all descriptions of catarrh, this water is valuable. It is well known that an inflammation of the skin that lines the inside of the throat, or lungs, will produce a severe cough, and some expectoration and fever, highly excited pulse, night sweats, &c. Such persons often derive great benefit from this spring, but not always. In inflammation of the stomach, and in irritation about the heart, and in dyspepsia, and costiveness, or chronic diarrhœa, this is a most unique and valuable water. In many kinds of kidney diseases, fluor albus, &c., the water is most valuable. Its reputation should never be placed on ulcerated lungs, but on dyspepsia, heart diseases, bowel complaint, and diseases of the bladder, womb, &c. Persons who propose to visit the Red Sulphur Springs, should, before concluding, have the chest examined, and if their lungs are ulcerated, not go at all; or at all events, they will hardly realize anything but cruel fatigue, and still more, cruel disappointment. I wish here to thank the gentlemanly propri

etors of the spring for their politeness to me the last summer. I consider the spring one of the first on earth, for its efficacy in the cases and diseases I have before indicated. I do not know another mineral spring in the world that is so beneficial in heart diseases. In cases where there are no ulcers on the lungs, but where the lungs are only irritable, or inflamed from tubercles not yet softened, or when there has been some bleeding from the lungs, for all these cases, but no ulcerations in the lungs, the Red Sulphur Spring water will be found highly useful, in most instances.

IRON PURGATIVE WATERS.

To persons of bilious habits, or who are usually bilious, and are disposed to a cough or pains about the chest, the waters that have iron and magnesia, soda, &c., in them, are valuable. In other words, the purgative iron waters, such as those of Saratoga, are of some value in putting the system in such a state of health as will ward off consumption; but are in nearly all cases injurious, if the lungs are ulcerated. These also generally benefit scrofulous persons much, who have no ulcerated lungs.

SULPHUR WATERS

In persons who are scrofulous, or have any skin disease, or a humor in the blood, which has struck in, or who suffer from the bad effects of mercury, &c., who have reason to suspect a cough or distress about the chest to arise from a humor, salt rheum, erysipelas, or any thing of that kind, will find great benefit in many cases from using the sulphur purgative waters. These waters abound in some parts of the United States, but are seldom useful if the lungs are ulcerated; otherwise they may be used for the cases I have named. Sulphur waters are found in many parts of this country. The White and Blue, and Salt Sulphur Springs in Virginia, are very noble waters. I think the Salt Sulphur a superb spring of water. These springs are not surpassed in Virginia. There are two very fine sulphur springs near the north end of Lake Champlain. One is at Alburgh, and the other is at Highgate,—both near Canada line. Of the Alburgh I have no knowledge, save by report, which speaks well of it. I have visited

the Highgate Spring. The accommodations are very good, and the spring of water is very good. The Avon Springs, near Rochester, in the state of New York, are valuable sulphur waters. Numerous valuable sulphur springs abound all over this country.

HOT MINERAL WATERS.

I have visited the hot and warm springs in Virginia, and the hot springs at Aix-la-Chapelle, and at Wis-Baden in Germany; and as far as I have ever known or observed in Europe, or this country, I believe the hot mineral waters, either for bathing or to drink, are very injurious to the consumptive, and should be most carefully avoided.

Allow me to conclude this lecture by observing, that I have only indicated the general plan of treatment. It is impossible to go into details in such a discourse as this. I am now preparing a large work on the Lungs, for medical men, in which I propose to give what I know upon the subject in all the details, and a careful account of all the medicines I have found useful. I must remark, that every case of consumption I ever saw, requires, or did require, the aid of medicines, more or less, to fulfil some or all of the following indications—to equalize the circulation of the blood—to support the strength—to purify and enrich the blood—to regulate the digestion—to correct the bowels—to remove irritation—to subdue the cough—to renovate the functions of the skin, or to remove obstructions in the functions of the liver or kidneys; and in females, to cure their peculiar diseases. The patients should never be drugged. They require but little medicine, but that should be efficient and perfectly applicable to the case; otherwise medicines will be found hurtful rather than useful.

THROAT AFFECTIONS.

Loss of Voice and Hoarseness, with slight or occasional Cough,-and great weakness of voice and fatigue when talking.

Diseases of the throat are caused by humor. They are a true skin disease, and require the same treatment as pulmonary consumption.

with some modifications, and the same rules of diet should be observed, and change of air, exercise, &c., as in consumption, for a vast many throat diseases, especially if aggravated, are complicated with true consumption. Loss of voice, hoarseness, weakness of voice, sore throat, catarrh in the throat, pain in the throat, lumps in the neck, liability to colds in the throat, external and internal swelling, ulcerated throat, swelled tonsils and palate, all are usually very curable. All the rules and medicines for consumption apply to throat diseases, with some additions not required in consumption. Avoid talking and using the voice much until well.

This terrible disease occurs often in costive, sedentary, and dyspeptic people, and those who with these habits also use the voice very much, as clergymen, lawyers, teachers, lecturers, &c.; those who talk a great deal, particularly those who sing considerably and exert the voice greatly, especially before large assemblies, and in heated rooms. In many cases we notice swelled tonsils and much enlarged palate; and in a very large majority of these throat diseases, I find, if they are of long standing, that the lungs are also affected, and always so, if the patient is highly predisposed to consumption by family taint, &c. In some cases, we find chronic catarrh, in aggravated forms, accompany these diseases.

CURE OF THROAT DISEASES, &c.

If the tonsils are enormously enlarged, a portion of each may be cut away, and the same with the palate; but if not considerably enlarged, the tonsils or palate do not require to be cut off. The patient should wear supporter and braces; if there be a cough, use the inhaling tube; keep the stomach in perfect order—neither eat nor drink anything that disagrees. This disease is often produced and always aggravated by any form of dyspepsia. Its permanent cure is impossible, unless the dyspepsia is cured or greatly alleviated. It is, in a great many cases, and nearly all, produced by a humor in the blood which settles on the throat and windpipe. Often this humor follows down the gullet to the stomach, and seems to cover portions of the stomach, and very often extends down the windpipe and into the lungs. Observe the rules of diet prescribed for consumptives. Wear a wet cloth around

the throat and top of the chest every night, wrapping a towel over it to keep the neck warm during sleep. Bathe freely all over as directed in consumption, and especially bathe the back of the neck and throat freely in very cold water every morning; besides wash the inside of the throat, palate, &c., with cold water. Chew often a little nutgall, and swallow its juice. Put very little dress about the throat, and do not cover the mouth when you go out, but take the free, fresh air daily on and into the throat, no matter how cold, after you are accustomed to it, but be careful at first not to do so if it injures you. Avoid all crowded assemblages of all sorts. Even going to church is very bad for you, especially if it be much heated or crowded. Never go there at night.

Observe all the rules of diet prescribed for the dyspeptic and consumptive. Avoid great excitement of all kinds, mental or physical, or long-continued study, take regular sleep, avoid sitting up at night, or watching with the sick. Use the voice as little as possible, and constantly take long, full breaths, so as to keep the chest perfectly expanded, and thus prevent diseased lungs. Avoid damp, cold night air.

Gargling the throat with a very weak solution of nitrate of silver is also very useful; so is the solution of alum-water Also chewing gold thread, and allowing the juice to fall down the throat. A decoction of oak bark is advisable for a gargle; also strong tea, borax and honey, may be used. Gum Arabic water, if much irritation. Some surgeons assert great benefit from using a solution of nitrate of silver, so as to burn out the throat. This may be useful for two or three applications, but no more, especially if the person is weak and in consumption, as the irritation it causes makes the throat much worse, renders the patient very nervous, and reduces the strength. Cutting off the palate, and cutting out the tonsils, and applying caustic in cases where consumption is far advanced, lungs ulcerated, and health low, is a most cruel and unnecessary aggravation of human suffering. In my own experience, the soothing treatment is much the best. I advise nothing harsh. Besides local applications to the throat outside and inside, suitable medicines are required to purify the blood, and through the blood to cure the humor or skin disease that causes sore throat, &c., &c. By this course I rarely ever fail to cure all these complaints per-

manently, and in a short time; and by these rules the throat is kept well, and will eventually grow stronger. (See the letter of Miss Murray, in Discourse III., on the proof of the curability of consumption.)

CONSUMPTION IN CHILDREN.

It is not very often that young children contract tubercular consumption, but such cases do occur, and often among the poor, when all the causes I have heretofore enumerated as predisposing to consumption are brought to bear upon the tender and delicate organization of children. They are, however, subject to winter coughs, beginning by a cold, and continuing all winter and lasting several winters. What I have said of some medicines for adult persons in consumption, applies with ten-fold force to children. As parents value the lives of their children, avoid blistering, tartar sores, reducing, emetics, hard physicking, &c., to cure coughs in their young children. Pursue the rules I lay down in this book, give them air, exercise, wholesome food, &c., &c., and if needful, castor oil for the bowels, and suitable cough medicines, nothing to reduce. Great numbers of children are brought to my notice far gone in apparent consumption; and by suitable treatment, warm salt bathing, and proper cough medicines, I see them rise from the most hopeless condition. Do not neglect their coughs, but only use mild remedies. My own medicines act on children almost magically.

HOOPING COUGH, MEASLES, &c.

All are accompanied by a humor in the blood, and act on the lungs, air passages, throat, and skin. After passing away, they are exceedingly apt to leave a cough that may last for years, and sooner or later may originate true consumption. They should never be neglected. Hooping cough, usually lasting twelve weeks, may in all cases be reduced in its continuance to six weeks, and entirely disarmed of all danger. I speak advisedly, from a great experience, and never-failing success. (For more on this subject, and particular directions for hooping cough, croup, &c., &c., see my Guide-Book to Invalids.)

I have witnessed one case where a hooping cough cured an habitual cough of years' standing, after obstinately resisting all remedies.

Children should be kept in well ventilated rooms in winter. I much dislike stoves for their rooms, and advise well ventilated but comfortable sleeping rooms. In the warm season, give them as far as possible sea air, sea bathing, country air, and free, full, out-door exercises, riding, &c. A good constitution is worth a thousand fortunes.

DISCOURSE THIRD.

ON THE PROOFS OF THE CURE OF CONSUMPTION.

My first discourse was on the uses of the lungs and the causes of pulmonary consumption. The second was upon the *prevention* and *cure* of pulmonary consumption. My object being to enlighten your minds in the clearest manner upon these subjects, and in this way to obtain your fullest confidence, for without confidence in what I say, my words are of no more consequence to you than the sound of a "tinkling cymbal."

There is no class of persons who are more apt to be indolent, and more readily despond and give up, than consumptive patients; and particularly those who believe that they have an hereditary predisposition to consumption, because some relation has died of it. To prevent or cure consumption, requires a great deal of effort from the patient, the price of his or her health being constant vigilance. The consumptive must never forget the attention due to his health. Under some circumstances, a few months, or even weeks, of neglect, will bring on the disease, or render his case hopeless, if he already have it. Unless I can obtain the confidence of the consumptive, and of his friends, he cannot be induced to persevere in the use of his remedies. Sometimes I obtain the confidence of the patient, but not of his friends. Often I have found from the influence of sceptical advisers, the patient lay aside his remedies, and sink into hopeless disease, at the very moment improvement had commenced in his health, and a few weeks of perseverance would have placed him out of danger. No opinion is more widely spread, and no prejudice more deeply rooted, than that consumption is an incurable disease. I have heard one instance of a highly respectable clergyman pronouncing it blasphemous to say that consumption was curable, because God himself had made

t incurable. In this feeling no persons participate more than great numbers of physicians, forming a very large portion of the medical faculty. With many of these, nothing can subdue their prejudices, nothing can cause them to seek new light upon the subject. If a person that they pronounce to be in full consumption, and to be hopelessly incurable, yet, when they see such a person get well, they declare that he never had consumption. I recollect one case, of a patient who called in an old and very distinguished physician, to examine his chest, and give his opinion of his case. After a careful examination of the case, he rebuked the attending physician for calling him in, adding that he "never saw a more hopeless case of consumption; that it was true consumption, and that the patient would die very soon." About nine months after this, the patient having recovered, went to this same physician, and reported his recovery to him, and requested the physician to examine his chest and see if he were not entirely well. The physician expressed much surprise at the apparent recovery, and on the patient's assuring him that he was perfectly well, he refused to examine his chest, and said, "If your lungs are now well, you never have had consumption; for I hold it to be an eternal truth, that no person ever yet got well of diseased lungs." So that you will remark that the patient has not only, sometimes, to war against his own despondency and fears, but also against his sceptical friends and advisers, and also against the vehement asseverations of, perhaps, his family physician, that his case is entirely hopeless, and that no remedy whatever can be of the least permanent benefit to him. You will see, then, how all-important it is that I have the perfect confidence of the patient and of his friends, and, if possible, of his medical advisers, so that the patient shall faithfully and perseveringly employ his remedies.

If I can obtain the confidence of the patient and his immediate friends, I am satisfied, and patiently wait until his physician can witness the effect of remedies. There are many physicians who, under any circumstances, utterly refuse to believe, if I may use the expression, their own senses, and after pronouncing a patient in hopeless consumption, and afterwards, seeing the patient get well, will then blacken their own reputation by declaring the patient never had consump

tion, and also denounce the idea of its curability as a dangerous and even criminal notion. Has interest anything to do with this? It is not to be wondered at, as I have said in a former lecture, that many physicians should oppose the curability of consumption, for, in ninety-nine cases out of a hundred, nearly every remedy laid down in the books, and adopted in practice, is calculated to create the disease, and not to cure it. So that to adopt correct treatment of consumption, nearly all previous authority and experience on the subject must be laid aside, and entirely new ideas and a new course of practice be adopted. However, it always takes more or less time for the spread of truth. Allow me to make a remark to you, that in all nature and in all things known to us, there are very few original principles or original roots or causes of things. For example: gravitation is probably an original principle in nature. Truth is also an original principle in nature. The mind travelling back on this idea, carries itself to the throne of God, and is then forced to believe and instantly adopts the idea that God is truth. Now it is a most interesting fact, and eminently deserving of our notice, that truth has but one offspring, which is *usefulness*. This is an everlasting and never-failing test of the presence or absence of truth; so that whatever is true is useful. The converse is also true, that whatever is useless is false, and whatever is false is useless. To prove this, I could cite to you numberless examples, but I leave it for you to do. Follow the idea yourselves, and you will find it a perfect guide in the pursuit of truth. By this test, aided by reasonable time, you will very soon be able to know what is true or what is false, and to detect where there is a mixture of truth and falsehood.

I know what I have taught to you, on the uses of the lungs and causes of consumption, and upon the prevention and cure of consumption, to be eminently true, because I have witnessed, in a great number of cases of diseased lungs, that it was decidedly useful. You may now ask me, if I cure every case of consumption that is presented to my notice, and solicits my aid? *I answer most unhesitatingly, I do not;* and because I do not, some persons reject the idea of any being benefitted; but I deliberately assert, that I cure eight cases out of every ten, when the patients are presented to me before

they are reduced to that hopeless condition that would destroy life in this or any other disease ; provided always, that the patient employs my remedies as long as may be necessary, in a faithful, judicious, and persevering manner.

The causes that lead to a want of success, I have before hinted at. I will now repeat, that the cases of failure are where there has been such an immense destruction of the lungs, and where the powers of the system are so utterly broken down, that nothing is left to build upon. The next is a want of confidence on the part of the patient, so that he does not faithfully pursue the use of his remedies. And lastly, not using the remedies as much and as long as he ought. I have had very few cases of consumption in females, whose constitutions were so good as regularly and fully to preserve the course of nature, that did not get well, &c. &c.

However finely wrought and plausible the theories may be for the cure of consumption, and yet, in their application, fail of usefulness, you may at once set them down as false, or not applied seasonably or properly ; and here I leave them, resting simply on the question of success, knowing, as I do, that they are eminently useful, and in a large majority of cases perfectly successful, where the patient is not too far gone, and where he employs the remedies faithfully, judiciously, and perseveringly.

Allow me here to remark, that many persons by dire experience learn to avoid medicines, that is, such medicines as they are acquainted with. They have seen their pernicious and injurious effects. If the medicines are wrong, the fewer taken the better. There never was a cause that a counteracting cause could not be found, except in the word of the Almighty himself. There never was a disease yet but what had a beginning, and from a cause, and this cause has a counteracting cause, and may always in the beginning be removed, and the disease cured. Fifty years ago it was the almost universal custom for every physician to prepare his own medicines, and to see to their administration. Each physician was his own apothecary and chemist, prepared and manufactured his own medicines with the greatest care, and some of the most perfect medicines ever prepared were originated by physicians who prepared their own medicines

Since then, chemistry has developed many new forms of medicines, but not many absolutely new medicines. Surgery has improved much in operations, and the knowledge of external agencies that impair health has much advanced and developed many new and useful facts, and all the sciences have greatly expanded, as well as the mechanical arts. Much collateral aid has been extended to medical men to advance their success. But unfortunately for medical usefulness, medical men have left the beaten track of their fathers, and have declined preparing their own medicines, but prefer writing prescriptions and sending to an apothecary or chemist, by whom the medicines are compounded, and then given to their patients. The modern physician in this country seems to have forgotten that medicine separates itself into two great divisions—the science of medicine and the art of healing. Now the great pride is the science of medicine, and a contempt at least in practice is felt for the art of healing. The true test of a great physician is success in the art of healing. No matter what may be his acquirements as a scientific physician, he may fail utterly or mostly in the heal of healing. I once knew the great Sir Astley Cooper completely floored in a matter of surgery by a common travelling bone-setter. Persons even the most ignorant may be found who have a knowledge of some remedy and skill in its use, that makes them for some one disease or trouble equal to any physician, however scientific. No physician who ever practised medicine for any length of time, but what can testify to the truth of this. A person truly ignorant of science may by practical experience and observation become profoundly learned in some branches of the healing art. The great scientific physician, who does not apply himself most sedulously to the art of healing in all its details, may find himself in some or many respects entirely excelled in usefulness by ignorant persons, who do apply all their energies to the art of healing.

It requires but little reflection to determine who the invalid will prefer: the scientific physician who cannot cure him, or the ignorant person who can and does cure him. The scientific physician may strengthen his social position as much as he pleases, and all may exclaim "Quackery" as long and loud as they choose, but the intelligent public will prefer life to death, health to sickness. Now the scientific

physician has a vast advantage over the ignorant in his position and acquirements as far as he goes, but it is equally necessary for him, and infinitely more his duty, to apply himself most humbly and most sedulously to getting a complete knowledge of the art of healing in all its completeness and all its resources; keep your eyes and ears open; get successful experience from any one that can give it. Never deny that a person has got well when he says he has and all his friends say so, but if there is a cure, acknowledge it, and honor the instrument and the agent by which it was accomplished, and immediately learn to do so yourself. You will soon find that the resources of the healing art are complete, quite sufficient. None ever need die unless by accident or old age, if the resources of the healing art are completely, judiciously and timely applied. It is ignorance of the art of healing, and the true and proper remedies which do abundantly exist, that causes such a cry against regular physicians, and such a terrible loss of confidence in their skill or prescriptions.

From an experience exceeded by few living men, either in its extent, its comprehensiveness, or its success, I am forced to say that, in my opinion, no man, however intelligent he may be, can become a true adept in the art of healing, unless he passes a full apprenticeship to preparing his own medicines, administering them himself, and noticing their effects until he is thoroughly prepared to treat any disease successfully. A grateful and intelligent public will find you out and reward you in the fullest manner. In the treatment of consumption, the scientific physician who does not prepare his own medicine in usefulness is thrown usually behind all competition. Not one in fifty can prepare a good cough medicine, or in fact lend any useful aid to the consumptive; because not preparing their own medicines, they are ignorant of the proper remedies. Exceptions may be found, but this is usually true. This is the real cause of irregular practice of medicine. The scientific physician will not stoop to preparing medicine for the sick, therefore their necessities are attempted to be supplied, however imperfectly, by irregular physicians. If the regular scientific physician did justice to the art of healing, there would be neither quacks, nor quack medicines, nor quack practices. This singular and disastrous state of things in the condion of the medical pro-

fession, and their want of perfection in the art of healing, has produced a most curious effect. Its effect has been to produce *fashion* in medicine, and what is curious, the fashion is only in the regular profession. These have prevailed within a comparatively few years. The first I will mention was the practice of stimulating in all diseases. The faculty were divided upon its merits, yet a vast many adopted it, and bark and brandy were given in the most acute inflammations. My mother's father was murdered by Peruvian bark and brandy, given for inflammation of his lungs, until the blood flowed freely from his mouth and nose. The next I will speak of, and longest in existence, and not now entirely laid aside, was the use of immense quantities of mercury. For almost every disease the unfortunate patient would be salivated, and in a vast many cases, ten times the injury was done by the calomel, more than the disease could or would have done. Few intelligent physicians do so now. The next fashion was to bleed for nearly every thing, and to an enormous extent. I knew one man who was bled twenty times in nineteen days for the cure of consumption. He soon died. Comparatively a few years ago a French physician propounded the doctrine that nearly all diseases were produced by inflammation of the lining membrane of the stomach, then came the days of leeching, dieting, and mucilaginous drinks. This fashion so utterly failed in all its pretensions that it had but a short run. Then came the reign of iodine, and foxglove, and prussic acid, down to wood naptha and cod liver oil, not to speak of the excessive blistering of the chest, and awful tartar emetic sores. Each one either impelling or amusing thousands to their doom, and each having some valuable merit when appropriately employed. Medical fashion and medical fiction go hand in hand, and the more universal the fashion the more accumulated the fiction. In numerous cases I have witnessed the high minded, high souled physician, proud of his scientific acquirements, and prouder still of his high social position, attempting to treat consumption, bronchitis, heart diseases, dyspepsia, and female diseases, and utterly unsuccessful. His patients having such regard for his moral worth, and respect for his social position, continue to receive his visits, and request his prescriptions, when at the same time they secretly call in some irregular or ignorant person, celebrated for suc

cessful treatment of their affections, one or all, and who prepares the remedies himself. These are taken by the patient until he or she is well. The attending physician, proud and delighted with the results, proclaims to his friends his great success, or if he is a teacher of medicine, hastens to his class and vaunts of his great success to his admiring, confiding, and almost awe-stricken students, when at the same time not one of his prescriptions have been used. The evil does not stop here. The students prescribe the same medicines, and experience a total defeat until the lives of the sick are sacrificed, or their confidence wholly lost, so that the regular physician is no longer much called on to treat such diseases. In some cases the patients, being certain of their cure, reveal to the proud professor that his prescriptions, after having utterly failed, were laid aside, and irregular men or irregular remedies have been employed, to whom the patient owes his cure, and gives all the credit of it. Now the proud professor chews the bit, and smotheredly curses the patient, but openly and cordially denounces quacks and quackery. It is of little use to address old physicians, but I would urge upon the young ones, that the whole wrong lies at the door of the regular physician, and arises from his ignorance of the art of healing, and of the complete resources of medical remedies which must ever be if the physician does not prepare his own medicines. Science teaches you what the disease is, but it is the art of healing that produces a cure. Where now would have been the fame or reputation of Michael Angelo, Raphael, Reubens, Vandyke, Reynolds, West, Lawrence, Healy, Rothermel, if these men had held it beneath their dignity to select and mix their own paints. Where would their true and glowing colors have been, if they had relied upon a color-grinder to prepare them; and yet it is infinitely more important to success, that the physician select and prepare his own medicine, than that the painter should compound his own colors. The physician or physicians who do not prepare their own remedies, cannot be acquainted with the complete resources of the healing art, and consequently must fail, to a terrible extent, in their success.

Fifty years ago there were few isms in medicine. Physicians prepared and compounded their own medicines, and a vast amount of what was the regular universal practice has now, by the contempt of

science, been driven into domestic and family practice, where it is still most useful. The different sects and isms in medicine have arisen, chiefly because physicians have so signally failed in curative success, and hence the numerous spasmodic efforts to make scientific ignorance a substitute for the true knowledge of the art of selecting and compounding perfect medicines, and then successfully and judiciously administering them. There are no isms in surgery, because each successful surgeon does the work himself, not by a substitute. If he does attempt it by a substitute, as physicians mostly now do, the failure is equally as signal. A most remarkable example of this took place in France, a few years ago. Louis Philippe, King of France, had noticed the great mortality among those who had been surgically operated upon in the hospitals of Paris; to remedy this he ordered every death to be published in the newspapers, and with it the name of the surgeon. With the surgeon it was at once success or disgrace. He no longer confided to apothecaries or assistants. The consequence was, in an almost incredibly short space of time the deaths diminished one half.

After what I have now said, my hearers will be prepared to learn that I always prepare my own medicines,—never trust to any apothecary, to any druggist or any assistant, except under my own eye. I would say to the young physician in all places, but especially in the country, prepare your own medicines if you would be successful, meritorious or renowned. Your position founded on success would be impregnable. You would have no fear of competition, and you would soon destroy all quackery. It is a great mistake to suppose that the healing art is not as unchangeable as any other science. It is only medical foppery, and medical ignorance, that causes such fluctuations in medical practice. Diseases remain the same; small pox, measles, scarlet fever, are exactly now as 2,000 years ago, and their medicines act as well now as then; what would cure them then will cure them now, and what will cure a disease once will cure it again, under the same circumstances. Let the physician know what is known, and if timely consulted, he will have ample resources for the cure of his patients.

The man of a large mind and cultivated liberal views, thoroughly

informed of all that is old and known, receives every novelty in medicine with respect, examines it carefully, and if he finds it useful, he adopts it into his practice, and thus is continually enlarging his own resources and usefulness and fame in the art of healing. But the narrow-minded, ignorant physician, whose mind is bounded by an ism or sect, and governed by a name, is continually discarding valuable remedies as soon as he learns that they are announced as a novelty, or are made to be a foundation for a new sect, so that discoveries do not increase his resources, but diminish them daily. The feuds among this last class of minds would be amusing, if they were not tragical. A lady or nurse says to such a doctor, "Shall we not lay a wet cloth on his burning breast—shall we not sponge him all over—he is all burning up with fever?" "Not a bit of it," says the Doctor; "I am no hydropath. I do not believe in it at all. Put on a large blister." And so doubles the heat and fever. Another says, "Doctor, the patient has had no movement of his bowels for one week: do you not think he requires a little physic?" "Do you not know," he replies, "that I am a homœopath, and we never give any physic." So his patient dies, or calls in some other physician of another system. A youngish man, of full habit, red face, short neck, falls down in a fit of apoplexy. A physician is instantly called, and begged to bleed him. "No," says the physician, "I am a hydropath, and we never bleed." Another says, "Doctor, my stomach is exceedingly delicate, and your medicines overcome me very much. Shall I not take very slight doses?" "No, I do not believe in slight doses; I wish to see some effects, even if they are disagreeable. I am no homœopath, I assure you. I am an allopath; we give full doses, or none; no child's play with us."

An effect is thus produced. The universal people lose respect and confidence in physicians, and especially in systems of medicine; and medicines of almost infinite value for some diseases, or states of disease, are thrown out of use by whole classes of physicians.

I have already dwelt long on these subjects, as I consider them vital to medical success. The only resource for medical usefulness is in the increasing knowledge and good sense of an enlightened public. I will give two instances to illustrate what I have before said, remark

ing, that what a physician knows he knows as well as other men; and what he does not know, he is as ignorant of as any one, whether it be on medicine or any other subject.

In 1849, during the prevalence of cholera in this city, a young, wealthy, and very respectable wholesale druggist became indisposed in the early part of the day with symptoms of cholera. A physician was called to his office, and prescribed for him. In the course of two hours, as he did not improve, he went to his room in one of our first Broadway hotels, and his physician again called and brought another physician with him. At 2 P. M. the business partner of the sick man went to his chamber, and found he was fast sinking. The two physicians were sent for, and the partner also called in a neighboring apothecary, an English gentleman, who was familiar with the cholera and well understood its treatment, having treated and seen much of it in India, and also very successfully in this city. He informed the physicians that everything now depended on getting the patient into a free perspiration, and remarked there was a hot bath on the same floor, within ten feet of the patient, and observed that as he was young, of good habit, and full strength, there was good reason to hope for his recovery, and volunteered his services to aid them. The two physicians consulted together, and informed the apothecary that, as he was not a regular physician, they could not consult with him or accept his services, whereupon he retired. The two physicians adopted the idea of getting him warm, but would not follow the apothecary's suggestion as to the mode. As it was a chemical fact, that quicklime sprinkled with water will generate heat, they sent for a quantity of that article, and caused it to be thickly spread between two blankets and sprinkled with water. They now had the gentleman closely wrapped up in this lime-bath. He died that evening. On removing his lime blankets, immediately after death, it was found that the lime had eaten large holes through the walls of the abdomen, so that his bowels protruded in several places!!! Persons wishing to know the name of the deceased man, &c., can have it by calling on me.

The next example I will mention occurred at Hartford, Connecticut, and under my own personal observation. I happened at the house of

a relat ve there, and his little grandson, a beautiful child of three and a half years old, about half past 5 o'clock in the afternoon, ate a green unripe apple. He was much subject to spasms and fits on eating indigestible food. His mother at once sent for their physician, a homœopathic doctor. He came, and expressed great pleasure at being called in good season, said all would be right with the child, adding he could give him medicines that would prevent any spasms. During three hours he visited him twice, each time giving him homœopathic pow ders. At 9 o'clock in the evening the child was taken with a terrible spasm; as soon as possible he was placed in a warm bath, and the doctor sent for. He came, and commenced giving his sugar-pills, &c. He would give nearly a tea-spoonful at a time. At 11 o'clock the fits as terrible as at first. I expressed my astonishment that he should expect to dislodge such a substance as hard unripe apple from the stomach with such remedies, and suggested the propriety and necessity of giving the child an emetic. To this he made no reply, but continued giving his homœopathic powders. At three o'clock the next morning the unfortunate child died, a victim to a medical *ism*, murdered by a wretch who chose rather to have him die by his medicines than live by old known remedies. I will not pursue this distressing subject any farther. No man can feel a deeper interest than myself in the honor, usefulness and reputation of the medical profession. I would say to all invalids, enlighten yourselves as much as possible, and never give away your private judgment. Never ask counsel of a physician as to the merits of any system of practice, or of medical treatment that can conflict with his sect or his interests, for, however worthy and honest he may be in private life, his pride, his prejudices and his interests are so committed against any other than his own favorite system, that he will conceal or deny what he knows to be curatives, rather than allow his patients to be cured by any other system, or any other man. Of course, rare exceptions may be found.

I know of no system of medical practice or ism but what has some peculiar merit. The physician who utterly discards any one of them will certainly lessen his useful resources in the art of healing.

It is possible that some persons would suspect that in urging upon young physicians the absolute necessity of preparing their own medi-

cines, &c., if they would be greatly useful in the healing art, that possibly I intend injustice to the apothecaries. I most emphatically deny this; the apothecaries in our cities are, as far as I am acquainted, a most respectable, intelligent body of men, and put up prescriptions accurately, although within the last 12 months three deaths have taken place, one in Boston, one in Philadelphia, and one in this city, by mistakes of apothecaries putting up wrong medicines. Nearly every year furnishes examples of this kind, and we can very easily believe that many mistakes may occur, not immediately fatal; but the great evil is, that the physician who does not select and prepare his own medicines, and administer them himself, and carefully note their effects, is not so apt to become as fully an adept in the choice of medicines, and in the art of healing, as he should be, as the capabilities of medical remedies allow, as the reputation of the medical profession demands, and above all, as the healths, lives, and comforts of mankind most imperatively deserve.

I will here subjoin an extract from a letter of a respectable physician, an invalid himself, and you will see how emphatically he endorses all I have said of remedies and true curatives, what disappointments he finds in medical books, and with what anxiety he seeks for help. How vain are medical theories to him that do not bring a cure!

"Lafayette, Miss., Feb. 10th, 1851.

"DR. FITCH:

"Dear Sir,—I have been practising medicine here three years, besides four in North Carolina, where I was raised, and every day's experience teaches me more the importance of the right remedy. We may know or think at all times what is the obstruction that hinders the operation of nature; but unless we can introduce a remedy, it is of no use; and as to all our text-books, elementary writers, &c., I have laid all aside, from the fact their remedies, nine cases out of ten, are useless, and in fact injurious; and since I have arrived at this conclusion, I have been picking and culling over everything for instruction respecting remedies, and am at the same time afraid of all or one-half of those nostrums and patent medicines,—but at present there is nothing else a drowning man like myself can catch at. Yours, respectfully,

(Signed,) B. D. BROWER."

Now the question arises, How can I prove to yo . that *consumption is curable?* Soon after I commenced lecturing, I used to present to my audiences persons who had been cured of consumption, and who would state their cases before them; but I found that sceptics would say that these persons were hired to falsify the truth, and thus the influence of their testimony would be greatly impaired with some minds. So I finally adopted the plan of stating cases, and giving names, and supporting these by letters from respectable persons, detailing the cure as it occurred in themselves, or their immediate friends, and thus allowing any person who doubted or questioned the truth of these letters and statements, to refer, by letter or otherwise to the persons named; and in this way the truth would be arrived at in the most satisfactory manner. I now beseech you, give me your confidence,—at least, believe that I believe what I assert; and then, for the sake of your own life, or that of your children, or that of your friends, carefully and candidly investigate these cases; and if you find in them all, one case that you believe to have been consumption, and that it has been cured, then lay aside prejudice and doubt on this subject, and proclaim consumption a curable disease and, of course, if curable after being formed, believe that its formation may always be prevented.

Again, I beseech you, give me your confidence so far as to give me a patient hearing, and the whole subject a searching and honest investigation. It is of no use for me to rise up before an auditory of one thousand persons, and utter a falsehood, at the same time naming time, person, and place, because at once one or more persons would be found who could on the spot prove or disprove what I assert. I have repeatedly, after a lecture, had persons call on me, who were perfectly acquainted with the truth of what I had stated, although the cases had occurred hundreds of miles distant from the place of the lecture. In selecting these letters, I have taken such as I thought would present as great a variety of symptoms as possible, and from persons who are pleased to have their unbiassed testimony placed before all the world for the encouragement of the invalid. I never, under any circumstances, expose a name or letter without the fullest approval of the writer. Any person, male or female, need have no

fear of writing me most confidentially; their letters are kept most sacred. If I have any suspicion that using a letter would be distasteful, I avoid it.

Allow me to say one word to the consumptive or other invalid. The object you propose, the recovery of your health, is one of vast moment to you, and is deserving of your highest efforts. Let me urge you, in the first place, to have confidence in your remedies; and in the second, to commence their use with the greatest caution. If not accustomed to bathing, commence it at first in a very warm room, with warm salt and water, and change to cold as you find you can bear it; commence your medicines in doses, say about one fifth of what is called the smallest dose, so that, under no circumstances, shall the system receive any shock, by any changes you may make, either in diet, medicines, supporters, shoulder braces, inhaling tube, bathing, exercise, or exposure. Study to incorporate all your changes with your system, so as to do no violence to it. Make all the remedies congenial to you, and know, for your pleasure, consolation, and encouragement, that if you become decidedly better, by faithfully continuing and pursuing the course that has made you a little better, you will certainly recover your health in a longer or shorter period. You, like other invalids, will feel the changes of weather, and have your poor days. But do not despond. Use your remedies faithfully, and, by God's blessing, you will recover your health. Recollect, the very essence of my teaching is, to make you your own doctors, and your own nurse.

Be faithful to yourselves, and success will crown your efforts. If circumstances or season of the year allow, as soon as well able, travel, change the air and your location. If in a city or town, go to the country; visit watering-places; go quite away, for a time, from your business, or usual place of residence, and stay some months, if possible.

I now present to you names and letters from well known and respectable individuals, who would be very happy at all times to answer inquiries, and assist and encourage the sick by all means in their power.

CASE I.—*Case of Thomas Fengar.*

ASTHMA.

I have mentioned to you that asthma was one of the diseases that cured pulmonary consumption, and that Nature in this way saved the lives of thousands who would otherwise have died of consumption. I think a disposition to consumption is the cause of asthma in nearly all cases. I find the same remedies, with some modifications, that cure consumption will cure asthma; in other words, I endeavor to cure the consumption in the lungs, or the seeds of it, and the necessity of asthma ceases and it disappears. In January, 1845, I spent some days at New London, Conn.; and among many others that called upon me was a man named Thomas Fengar. He was sexton to one of the churches, had a large family, and was a very industrious, worthy citizen. For eight years he had been a subject of asthma, which had at last entirely broken him down, and prevented his doing any work. The weather was exceedingly inclement. It was with great difficulty that he could walk across the street. I gave him his remedies, and in three weeks from the time I first saw him he gave me the following letter:

"New London, Feb. 6th, 1845.

"Dr. S. S. Fitch:

"Dear sir,—As a slight return for the assistance I have derived from your prescriptions, inhaling tube and medicines, I will inform you that I was taken with that distressing disease, the asthma, about eight years ago, and have experienced much of its distressing ravages upon my health. For two months before I saw you I was unable to do a day's work, and was forced to sit up. For twenty-one nights I was unable to go to bed at all, being forced to sit up all night. On the 13th of January, 1845, I began the use of your remedies. In a short time I found relief, and in less than three weeks was able to return to my work and do a full day's work in the open air, and in the most inclement weather. I have no pain, very little shortness of breath, and can lay down and sleep in the soundest manner. If I can always have as good health as I now enjoy, I shall feel satisfied, and most

happy and grateful. Myself, my wife and children join me in thanks for the assistance, under God, derived from your advice and medical treatment.

"Respectfully yours,

"THOMAS FENGAR."

CASE II.—*Miss Mariame H. Little.*

SPASMODIC ASTHMA.

At Portland, in November, 1845, I was consulted by Miss Mariame H. Little for a terrible asthma. She was twenty years of age. Her father has been a respectable merchant of Portland; she had had the asthma fifteen years; it began after having measles. At the time I saw her she was a great sufferer, unable to do any thing; had to sit up in bed nearly the whole of every night, and dreadfully oppressed for breath. For three years past was subject to dreadful spasms in the base of the chest. Almost her only relief was to take sulphuric ether, in great quantities, by inhaling it. In this way she had used a pint of ether in twelve hours. She regularly used a bottle of ether each week. Her case seemed most hopeless. Her shoulders were drawn up, &c. The 12th of November I gave her remedies as if for consumption, as I have before mentioned, as the proper mode of treating asthma. In three weeks she was much better, could lie down and sleep very well at night, and do a good deal of light work about the house. She did not take more than one-fourth as much ether as at first. I subjoin the following letter, by which you will learn she is now in pretty good health. She had received the advice of thirteen different physicians.

"Pearl street, Portland, Nov. 4th, 1846.

"DR. FITCH:

"Dear Sir,—Your letter of October 23d was duly received, and it gratifies me much to inform you that it is owing to your invaluable cough expectorant and nervine that I owe my present state of health. When I first applied to you, in November, 1845, I was in a most distressed state, requiring two pounds and a half of ether in a week, and the constant and unremitting care of my friends in the night season, of

ten having to be held in an upright position, being too much exhausted to support myself. I had been under the care of thirteen physicians, and had nearly given up all hopes of ever enjoying even a tolerable degree of health, when you came to our city. Since that time, by following your prescriptions, and the use of your medicines, I have been gradually recovering, so much so, that I am enabled to substitute the inhaling of the smoke of brown paper, soaked in a solution of saltpetre, instead of the ether, thereby saving a great expense, and the unpleasant effluvia of that article. I have not, for four months, had any ether. My sleep is good, and I can assist about the house without any inconvenience; and I write this to certify, that both my friends and myself have the utmost confidence in your superior skill and knowledge of my case. "Yours, with respect,

"MARIAME H. LITTLE."

CASE III.—*Mrs. Harriet R. Fernald.*

In December, 1845, I was consulted at Portsmouth, New-Hampshire, by Mrs. Harriet Fernald. Her father died of consumption: she was about thirty years of age; had been sickly some time; twelve months ago raised blood, succeeded by a cough, and, after some time, by attacks of asthma, nights and days. Seven weeks before I saw her, she had an attack of pleurisy on the left side. The top of the right lung had tubercles in it, and was much shrunk up. There was a large ulcer in the top of the left lung; left foot was cold. The asthma had prevented the progress of the consumption, and thus saved her life. In October, 1846, I received the following letter:

"Portsmouth, Oct. 16th, 1846.

"DR. FITCH,—Sir:

"By your request, I answer your letter. I have neglected writing to you, as I understood you had heard of my health by the way of others that had written. I gained my health slowly; every cold I took I would have an attack of the asthma, until about July; since which time I have had no asthmatic affection whatever. Some days, when the wind is East and damp, I am some troubled with shortness of breath.

But my complaints have entirely changed since the third night on commencing your remedies, which I commenced December last. I had not been able to lie down in bed for several months, until I took your medicines. I continue to wear the braces and supporter, and use the tube occasionally. Since the asthma has left me, I have been troubled with the catarrh in my head, very bad; my nose would discharge clear water for several days at a time, and then leave me for a few days, and then again commence; and quite a cough attended me, which seemed to be no farther than my throat. My lungs seem well since the asthma left. I took the most of the catarrh snuff you sent me, but did not receive much benefit; and have tried two other kinds, and still receive no cure: but my health, at present, is better than it has been for several months. I think if I could get cured of the catarrh, I should find myself well. I have not applied to any physician, excepting Dr. Burnham, for snuff. The cold bath I continue across my throat and chest. But I thought I took cold by bathing, after leaving my warm room, and did not bathe, only across my chest and throat, but seldom. If you have medicine, or can advise me what course I can pursue, in order to be cured of the catarrh. I should be highly gratified in hearing from you.

"Respectfully yours, H. R. FERNALD."

CASE IV.—*John H. McGiffin.*

"Hudson, New-York, June 3, 1850.

"DR. S. S. FITCH:

Dear Sir,—In compliance with your request I take this earliest opportunity to address you a few lines, expressive of the satisfaction I experience in regard to your treatment of my case. As you may remember, I first applied to you by letter, I think about the 7th December, 1848. I had been previously afflicted with asthma from infancy; the fits occurring at intervals of from three or four, till at that time often less than one a week. I had previously done but little for them, except using for a short time some medicines prescribed by Dr. —— of Philadelphia, together with his inhaling tube, from which latter I thought I received some, though but partial benefit.

On the whole, the attacks were more frequent, and only prevented by the smoking of saltpetre paper inhaled on going to bed. I commenced using your remedies on the 23d of December, 1848, and continued them pretty constantly till about June following. The winter of 1848 was a very unfavorable one, and I did not experience any change for the better till about the beginning of March; it was however, from that time, very rapid, and by the middle of April I felt perfectly well. I used the tube till July, when I was obliged to dispense with it for want of time. Through the latter part of August, I again felt the symptoms of asthma, which resulted in a return of its attacks about the 15th September. These continued through the last part of the fall, though by no means as severe as before. I again applied to you December 27, 1849; commenced a course anew, and felt my health improved within a fortnight. I have had no asthma for two or three months, and feel satisfied that your treatment is the proper one, the more so as I judge by the result of two trials, which would seem to preclude the possibility of the effects by any other causes. I have done nothing to prevent the fits but use your medicine, and have not used the saltpetre paper more than two or three times in as many months, and then probably unnecessarily. Wishing to add my mite to the mass of testimony you already possess in favor of your treatment of lung diseases, both from gratification to myself, and a desire in some degree to contribute to alleviate the suffering of my fellow-creatures, by pointing them to means of relief to be confidently expected, I have penned this in much haste. Should I continue as well as I hope, I shall write again in the Fall. In the mean time, I am, with sincere gratitude and esteem, your obliged friend,

"JOHN H. MCGIFFIN."

PROOFS OF THE CURABILITY OF CONSUMPTION.

CASE I.—*Miss Hawley.*

In December, 1842, I was at Vergennes, in the state of Vermont. On arriving there I was very anxious to visit a gentleman I once knew, who resided in that place, and who was a very respectable lawyer, and

had resided in my father's family when I was a boy Immediately after my arrival, Dr. Bradford, one of the first physicians of that town, called upon me. Dr. Bradford had been a room-mate of mine some months, whilst we were attending the Medical College in Philadelphia. I immediately inquired for Mr. Hawley. He told me Mr. Hawley had died of consumption seven years before, adding, also, that his daughter was in consumption and not expected to live but a short time. Now, said he, I do not know what to say of the cure of consumption, but I do not believe you would say you could cure it, unless you thought you could; and, if you please, I will introduce you to Miss Hawley, and if you can cure consumption, you can have a chance to do so in her case. After seeing Miss Hawley, and her family, he called and took me to see her. I can hardly describe the agony of her countenance, as she said to me, "I suppose you have come to tell me I have consumption." On examining her chest, I found her very much emaciated, and ulcers in the tops of both lungs. She had a bad cough, and raised blood occasionally. She expectorated ulcerated matter, pus, every day. The day I was there, she raised blood, and had all the general symptoms of consumption in a rather aggravated form. This was the only time but one I ever saw Miss Hawley. I gave her her remedies, and also written directions for her treatment, medicines, &c., and placed them in the hands of Dr. Bradford, to see them faithfully fulfilled; and this I did with all my patients I had there. I, at the same time, requested them, or Dr. Bradford, to write to me in case any farther assistance was required. I would say, that Dr. Bradford is a very candid, judicious, and excellent physician. I heard nothing more of my patients in Vergennes, until the next August, when I met one of them in a steamboat on Lake Champlain, and this was the senior Captain Sherman, of Vergennes. He told me he believed all my patients got well, and, added he, "that young lady, Miss Hawley, for whom we all felt so much anxiety, and thought would not live one month, began to mend immediately after you saw her, and has now become entirely well." In September, 1844, something over twenty-one months after I saw Miss Hawley, I wrote to her, requesting an account of her health, and in answer received the following letter. Her case was one of true hereditary tubercular

consumption. Her cure was perfect. I ought to say she was about nineteen years of age. April, 1851, Miss Hawley is still in good health, and has been for some years the wife of a physician.

Copy of a letter from Miss Hawley to Dr. S. S. Fitch.

"Vergennes, Oct. 2d, 1844.

"DR. FITCH:

"Your kind letter of the 20th I have just received; and am rejoiced to assure you, in answer to your kind inquiries, that I am now enjoying a very comfortable state of health. You are aware that, two years since, at the time you were at Vergennes, I was fast declining, with the most dangerous and alarming symptoms of consumption, and a sure prospect of speedy dissolution. I raised blood from my lungs daily, causing me great pain, with an unnatural appetite, flush upon my cheek, a general losing of flesh; and my condition such, that it was impossible to raise a blister upon my lungs. I followed your prescriptions faithfully, and commenced blistering, and was soon able to obtain relief from this source. I was reduced in strength by this treatment, but my lungs grew better. I am now quite well, and am able to be about the house; can walk and ride without inconvenience. In fact, my health is full as comfortable as it has been for the last ten years. I attribute my recovery to your visit, and Dr. Bradford's attention afterwards. Your request to him shall be complied with. His health is good. Accept the thanks of my mother and brother, and believe me, that I shall remember you with the greatest pleasure and gratitude.

"MISS HAWLEY.

"P. S.—Allow me the pleasure of informing you that Mrs. Scott is in a comfortable state of health, owing to your kind attention, she thinks."

CASE II.—*Mrs. Hannah Gardner*

January 31, 1843, I was called to see Mrs. Hannah Gardner, at Salem, Mass. This lady had lost father, mother, one brother, and three sisters, of consumption. She had been ur well a long time, but

very sick for six weeks. Her physician was, and is, one of the most estimable physicians I ever knew. Mrs. Gardner's case seemed most hopeless: exceedingly emaciated; night sweats; cold feet; constant cough,—expectorated a pint every night, by coughing; strength utterly prostrated. It was a case of apparently hopeless hereditary consumption. In October, 1846, I received the following letter from her husband. She is now, January 1852, very well, I believe.

"Salem, Oct. 15th, 1846.

"Dear Sir:

"I received your note, and it is with the greatest pleasure that I answer it. In the summer of 1843, my wife's health was very poor; in December she was taken sick with a lung and pleurisy fever. Her Dr. tended her five or six weeks; and she continued to grow worse. I called on the Dr. and he gave me no encouragement. He told the neighbors that she was in a consumption, and that she could not live but a short time. My brother called on me, and told me that he heard your lecture on consumption; and he believed that you could help her. When you saw her, you gave me very little hope; but you gave me some medicine, and directions for bathing, which were attended to very strictly for four or five days; and she began to grow better, but continued feeble and weak, with night sweats, and very bad cough, and raised a pint in the night. She continued to take your medicine until you left the city; and her health improved very much. In the spring, she was able to walk out in the yard, a mere skeleton. In June, she went into the country, and staid six or eight weeks; and her health improved very fast. Since that, her health is better than formerly. She is able to do the most of her work. She is more fleshy now than ever; and has no cough, except when she takes cold. She has a very good appetite, and enjoys life well. She was very sorry that she did not see you when you was at Salem. We did not hear of your sickness till after you had gone, or we should have called on you. If you should ever visit Salem again, we should be happy to see you Yours, truly,

CHARLES GARDNER."

CASE III.—*Rev. L. D. Barrow.*

In October, 1843, I lectured at Nashua, N. H. Among the persons mentioned to me in that town in consumption, or strongly inclined to it, was that of the Rev. Mr. L. D. Barrow, a Methodist clergyman, resident in Nashville. He was then travelling for his health. He called on me in Concord, N. H., a few days after I left Nashua. He was a tall, thin, emaciated figure, with a very slight delicate chest, and in every appearance indicated the presence of consumption. On examining his chest I found the upper part of both his lungs were considerably tuberculated. He stooped very much, his shoulders were drawn very much over his chest, and his chest was very much contracted. He had considerable cough, pain in the chest, &c. I think he was able to preach once a week. It was with difficulty he could write for half an hour a day. I gave him his remedies. In a few weeks after I met him at Nashua. He told me he was happy to say he felt quite well, and that he could write all day easier than he could half an hour before, and that he could preach three times a day. . . . . In November, 1844, I received the following letter. There is one circumstance in this letter to which I wish to call your particular attention, where he mentions that he received great benefit from the remedies, but becoming so very much better, he *left them off*, or omitted their use for a while, until he became worse. Does it not seem extraordinary to you, that any man or woman, who had been walking in sight of an open grave for months, because struck by a disease that is usually thought incurable, on finding a remedy that every day makes them better, should leave off that remedy before their health is perfectly confirmed, and before their systems are entirely rid of it? The patient persevering use of remedies is often required for three or four years. The prize in view being perfect health, with daily comfortable health all the time. You will observe the remark of Mr. Barrow, that he had left off his remedies prematurely, and you will observe the same in some of the other letters. On the first impression upon the lungs, or when they are observed to be improving, no effort should then be relaxed until they are perfectly well. When from carelessness, and omitting the

use of the remedies, a relapse is suffered, the recovery is much retarded and sometimes rendered doubtful, the cure of which was absolutely certain at first. Let every patient remember, that if he becomes positively better, he will certainly get well if he perseveres in the use of his remedies, and he should continue his remedies long after every vestige of disease is removed. April, 1851, Mr. Barrow still preaches, and is in good health, residing at Newark, New Jersey.

Copy of a letter from the Rev. Mr. Barrow to Dr. S. S. Fitch.

"Nashville, N. H., Nov. 1st, 1844.

"DR. FITCH:

"Dear Sir,—It is but just that I should acknowledge the benefit derived from your treatment. For nearly one year previously to my applying to you, I had been suffering with a difficulty, which my medical advisers pronounced the '*Bronchial*,' attended continually with a slight cough; my throat and tonsils became inflamed, and the latter much enlarged, until a small portion of one of them was removed by excision; my cough continued to increase until all medical gentlemen, to whom I applied, pronounced the right lobe of my lungs diseased. In this condition, sir, you found me; your instructions, together with the good effect of your braces, soon convinced me that my *posture* in writing had greatly conduced to my then state of health. At once I could write half of the day with more ease, with the braces, than one hour without them; your inhaling tube soon relieved, in a measure, my cough; and gave a heavier, smoother, and easier tone to my voice; my feeble and narrow chest, in a few weeks, was enlarged more than one inch.

"The relief which I realized soon induced me to fall into carelessness respecting your prescriptions; and though my lung difficulties have recently revived slightly, it is the result of my own heedlessness, and I am applying again to the tube and braces, as my most efficient remedy. I can but think, sir, that your information and mode of treatment is fraught with great good to the human family, and especially to *clergymen*, whose habits of study and exposure of lungs need to be guarded and directed by your most important instructions. No

speaker, even in health can use your tube without great advantage, it will give a compass and music to the voice, and learn him to avoid a high, short, unpleasant, and *destructive* tone of voice; and to use those tones which will *strengthen* the lungs, and thus make speaking itself a means of *prolonging* rather than shortening life, which I believe to be the true theory.

"Most respectfully yours, L. D. BARROW"

CASE IV.—*Mrs. Hurlburt.*

At Weathersfield, Conn., in August, 1844, I was requested to see a Mrs. Hurlburt, who resided in the west part of Weathersfield, about two miles west from the meeting-house. Her physician was Dr. Robison, of Weathersfield. She was represented to me as being in quite an advanced stage of consumption. An eminent medical gentleman from Hartford, had the week previously visited Mrs. Hurlburt, in consultation with Dr. Robison. I accompanied Dr. Robison to her. I found her in what is called quick consumption—that is, her lungs were affected pretty much all over them, and large quantities of pus were poured out daily from the internal skin of the lungs, with ulceration in the top of the right lung. She had a bad cough, daily fever, profuse expectoration, raising more than a quart a day, night sweats, great prostration of strength, and cold extremities. In fact, her immediate friends did not suppose she could live one week. I believe Dr. Robison and myself concurred in the opinion, that unless speedily relieved, she would soon die. I gave her remedies, such as the case seemed to require. Her relief was very prompt. I saw her several times. In three weeks she was able to come down to the gate and converse with me. In a few weeks she was perfectly recovered. Her husband is a respectable farmer. Her recovery is still spoken of in that region as little less than a miracle.

Copy of a letter from Mr. James Hurlburt to Dr. S. S. Fitch.

"Weathersfield, Dec. 15th, 1844.

"DR. S. S. FITCH:

"Dear Sir,—In reply to your inquiries, I will tell you that my wife

was in poor health, all last spring and summer, with some cough The fore part of July, her cough became alarming, with fever, and every symptom of consumption. Two eminent physicians attended her; but no medicine seemed to help her, as she sunk very rapidly, until both physicians quite despaired of her recovery, considering her in a rapid consumption. Few persons considered that she could live two weeks: some thought she might not live one week. Such was her situation when you were called to see her. In twenty-four hours after your first visit, my wife began to improve: in two weeks, she was about her house. By a faithful use of all your remedies, she has perfectly recovered. She imputes her recovery to your timely aid. She, and all her family, as well as myself, send you our best thanks and highest regards. We cannot cease to recommend your practice to all in consumption. JAMES HURLBURT".

CASE V.—*Master George W. Roberts.*

In January, 1846, I was at Newburyport, Mass., and was requested to see a young lad, who was about fifteen years old, an only child. He had been sick for upwards of three years, and at this time did not go out at all—could set up only a part of every day. The top of his right lung ulcerated. He raised a great deal, and had a most harrassing cough, and although the weather was very cold, yet he was obliged to sit up two-thirds of every night. His case seemed to invite but little hope, as he had been so long ill, and his system was so prostrated. But his confidence was boundless. He used his remedies faithfully. I need not say that no person expected he could recover. His physicians had left him entirely, considering his case hopeless. Within three weeks I had so far calmed his disease as to allow him full sleep at night, and to be more or less out of doors in the day time. In March I received the following letter. I believe at this time, (April, 1851,) he is in fair health.

"Newburyport, Mass., March 1st, 1846.

"DR. FITCH:

"Sir,—I take pleasure in communicating through you to an afflicted

public, the astonishing effect your medicine has had upon me. I have not enjoyed perfect health for the last three years. Much of the time I have been reduced very low, so as to be given up by my physicians. They thought my liver was so consumed that it was beyond the power of medicine to cure me. Some refused to give medicine, saying it would have no effect; that I could not live but a short time at the longest, and perhaps might live a little longer without taking any medicine, excepting a resting powder. So I left off taking any other medicine (or all other medicines), and I think I felt a little better, for my medicines generally made me feel very bad. I was so that I was able to go out. I went out and took a slight cold; was taken down to my bed again. My cough increased, my appetite failed me. For many months I was obliged to be bolstered up in my bed. I could not lie down in bed on account of my cough; if I did, it was attended with severe coughing spells. I raised a good deal,—was troubled with night sweats. I had given up all hopes of being any better—supposed I very soon must die. I was in this situation when I heard of your arrival in this place. I had heard of the astonishing cures you had performed, and felt anxious to see you; and, by the blessing of God, I am happy to say I owe my life to you, and the health I enjoy. I applied all of your remedies according to directions, and felt greatly relieved in a short time. My night sweats disappeared, my cough grew better, my appetite increased, my strength was greatly increased. I continue the remedies. I now can lie down in bed, and sleep all night; am able to go out, and take several walks during the day. I have faith to believe that your medicines will entirely cure me. All of your medicine has had an astonishing effect upon all that have been taking it in this place. Your patients, so far as I have been able to learn, are doing extremely well. We all feel very anxious to have you visit this place again. I feel very anxious to hear from you. Please write when you think of visiting this place again. If you do not think of visiting this place, you must write without fail. I remain your obliged friend,

"GEORGE W. ROBERTS"

CASE VI.—*Mr. Thaddeus Barnes*

In October, 1844, I was consulted at New Haven, Ct., by the subject of the following case. His father died of consumption, and in every respect he was, himself, highly consumptive in appearance. He was about twenty-four years of age. He had been declining in health for two years; he was extremely emaciated; his face was white as a sheet, the complexion perfectly blanched; he had a bad cough; raised considerable every day, and frequently raised blood; the morning I saw him he had raised considerable blood. His friends had no hope of his recovery, and he had very little himself. His recovery was very satisfactory. I heard from him about eighteen months after, and then he was in good health. I saw him in October, 1845, twelve months after he called on me. He was then in fine health and spirits. I saw him again on October 28th, 1846, in good health. April, 1851, he still enjoys good health, and has never omitted daily bathing in cold water.

Copy of a letter from Mr. Thaddeus Barnes to Dr. S. S. Fitch.

New Haven, Oct. 8th, 1845.

"Dr. S. S. Fitch:

"Dear Sir,—I cheerfully comply with your request for a concise account of my situation, *previous* to my acquaintance with yourself, and your remedies. For some two years I had felt that my health was gradually declining, and for some eight or ten months prior to your visit to New Haven, my friends had become quite alarmed at my symptoms. My hands and feet were always cold. A constant hacking cough nad produced extreme soreness in the chest, together with bleeding from the lungs at seven or eight different periods. My flesh was wasting away, and my strength so far gone that ascending a flight of stairs with more than ordinary haste would completely exhaust me. In fine, my friends were bold to tell me I had the consumption. This was and had been my situation at and before your visit to our city. After placing myself under your treatment, I very soon began to improve. In two months I had gained ten or twelve pounds of flesh. My cough was silenced in about one week, and I

have never been troubled with it since. Without detailing farther, I can say my health has been good most of the time since I commenced with your remedies.

"Believing, sir, that you were the means of my restoration to health, I subscribe myself, yours, under lasting obligations,

"THADDEUS BARNES."

CASE VII.—*Miss Mary D. Angell.*

The subject of this case, a beautiful young lady, consulted me at Providence, R. I., on the 5th of March, 1845. This young lady was the last of her family, her father having died of consumption. A young sister died some years before of some sudden lung or throat disease, and another and only sister, her constant companion, being nearly of her age, had died of consumption in July previous (1844.) She had constant cough, much fever, raised matter daily, and at times there was blood. She had also hectic fever and night sweats. I do not believe she had one friend or acquaintance who thought she could survive much beyond the period of her sister's death. Her interesting age, her beauty and her danger, made a powerful impression upon my feelings. I gave her her remedies, and strong hopes of recovery. Her mother privately said to me, "Tell me exactly what you think of my daughter, as I have given up every hope of her recovery, and do not wish you to give me the least encouragement, unless you feel certain she will live." Her lungs were highly congested, besides suffering from tubercles and ulceration. In July following, in place of the habiliments of the grave, wedding dresses were prepared for her. She is at this time in excellent health.

"Providence, R. I., June 16th, 1845.

"DR. S. S. FITCH:

"Sir,—I take the greatest pleasure in informing you, that after six months of cough and all indications of consumption, my father's death, and a dear sister, who died of consumption, in July 1844, had induced me to expect their fate. All my friends and mother pretty much gave me up as soon to die. In March last, 15th, you saw me

I took your remedies; I was then weak, lost flesh, constant cough, expectorated a good deal, and raised blood, with some pain in the side. In sixty days all vestige of disease left me; not a bit of cough for five weeks past. I am now in most perfect health, flesh and looks.

"I must recommend your practice, from my own happy experience of its delightful and happy effects.

"My mother and all my friends, with myself, give you our best thanks. MISS ANGELL."

CASE VIII.—*Miss Sarah G. Nickerson.*

In April, 1845, I was consulted at New Bedford, Mass., by this young lady, who resided at Fair Haven, opposite New Bedford. I relieved her entirely from the indisposition under which she had labored for some years. I returned to New Bedford in June, and found a letter at the hotel, requesting, should I come to New Bedford, to call over and see this young lady. I will now remark, that every physician should be a master of medical remedies. His mind should be expanded to successfully meet every case, and learn judiciously to diversify his treatment. Some physicians are so stupid as to use the same set of remedies perhaps an hundred successive times, and always without success, seeming not to know how to diversify their practice. I found Miss Nickerson in a very deplorable state of health. She had had a very severe pleurisy upon the right side, and inflammation of the right lung; and this had continued for upwards of three weeks, until nearly every hope of recovery had vanished. The day before I called, she had, in the most affecting manner, intimated to her friends, that she thought she could live but a short time; and in this they all concurred. She had constant burning fever, total loss of appetite, incessant cough, dry and hot skin, cold feet, great prostration of strength, wretched sleepless nights, and much pain over the right side. She had taken a great deal of medicine, until it seemed as if she could take no more, so prostrated had she become, and so injured was the tone of her stomach. She had been blistered very much upon her side; horrid tartar emetic sores had been made upon her side and breast, and finally, to shut out all air from her chest, the whole chest was covered

with oil-silk; but beneath the silk were plasters, salves, and an abundance of sores. On examining the chest, scarcely any air entered the right lung; the lung seemed to be utterly closed up. Every remedy seemed to have failed of conferring any benefit. All this, joined to complete prostration of strength, seemed to make the case almost hopeless. In addition, she had been delicately brought up, and was of rather effeminate habits. I, however, did not despair of her recovery, and told her so. It was a warm afternoon when I saw her. I told her at six o'clock to put her feet in very hot water, and keep them there until they were perfectly warm, and until the blood circulated freely through the lower extremities, and to raise the heat, if possible, to produce general perspiration. After this had been accomplished, I requested her to remove every thing from the chest, oil-silk, plasters, salve, and every thing of the kind, as much as pos sible; and after that was done, to dip a moderately sized linen table cloth in cold water, and wrap up the chest, and indeed the whole per son; then to place herself in bed and be covered up warm. I di rected her to keep on the wet cloth for three hours, then take it off and be sponged over with cold salt and water; then be wiped and rubbed dry, and placed pleasantly in bed. I also gave her such medicines as I thought suitable for her case. The use of the wet cloth, as first directed, I recommended to be in the same way every evening, until all pain and soreness should have left the chest, and all fever was dispelled from the system; and after this, to wash her person all over, every day, with cold salt and water; to go out as soon as possible, and to wear no more clothing about her chest than was comfortable; to put no more oil-silk or plasters upon it; and finally, as soon as she found the side relieved of pain, and the fever somewhat dispelled, to use her inhaling tube in the freest manner, so as to open and expand the collapsed lung. In one week I received a letter from her, stating that she was much better; in six, she visited me at Fall River, in company with a female friend, who required my assistance. Miss Nickerson was then in blooming health. I should have remarked in the proper place, that when I told them to wrap her up in a wet cloth, they were as much astounded as if I had told them to kill her, nor would it have been adopted had she not before

tried nearly every other remedy without success, and had she not previously experienced benefit from my proscriptions. I saw her in the following October. She enjoyed the finest health.

April, 1851, she is married, and enjoys excellent health.

Copy of a letter from Miss Sarah G. Nickerson to Dr. S. S. Fitch.

"Fairhaven, Mass., July 18th, 1845.

'DR. FITCH:

"Respected friend,—In answer to your kind inquiry concerning my health, I am happy to inform you of its rapid improvement. You doubtless recollect the situation you found me in when you so kindly and unexpectedly called. Suffering with a constant pain in my side and across the chest, and in my shoulders, a dry hard cough, shortness of breath, a burning fever, and entire debility, I felt myself sinking fast, and the only encouraging words said to me by my physicians and friends were, 'The warm weather is in your favor.' You, sir, like some kind angel commissioned by Heaven, declared I might yet live. After following your prescriptions two or three days, I could rest sweetly all night, which I had not done before for many weeks, and my appetite, which was entirely gone, was completely restored, my cough ceased, and the soreness of my lungs and chest disappeared. I am gaining in strength and weight; and I will add, the benefit I have received from your medicines, together with the shoulder brace and inhaling tube, cannot be expressed.

"I therefore most cheerfully recommend to all similarly afflicted with myself, your remedies, and would advise them not to give up to consumption's fatal grasp until they have given them a trial.

"And now, kind sir, please accept my warmest thanks for your kindness; and that Heaven's richest blessings may rest on you and yours is the sincere wish of your friend,

"SARAH G. NICKERSON"

CASE IX.—*Rev. John Morris Pease.*

I add one letter, containing the experience of the Rev. John Mor

Dr. Pease, who, after long continued chest and lung disease, is now restored to perfect health, with a fine noble chest.

"Dr. Fitch:

"Dear Sir, -You will please send me five inhaling tubes. I would not go so far, and be so long away, without providing for accident, and to supply the suffering. On no account would I be without your inhaling tube. It has been everything to me; I use it daily; it is the best medicine I ever used. Indeed, I could not live without it. It saved me, by the blessing of God, from the jaws of death, and now preserves me in comfortable health. In two years, by its use, my chest, then measuring 32 inches, now measures 39, and my breathing, health and strength, have improved in proportion.

"I am, dear sir, yours, respectfully,

"John Morris Pease,

"Seamen's Chaplain, Rio de Janeiro, S. A.

"New-York, Dec. 7, 1849."

CASE X.—*Miss Redmond.*

"Paterson, N. J., August 31, 1848.

"Dr S. S. Fitch:

"Dear Sir,—I wish to inform you of the effect of your medicines upon my daughter. She is 18 years of age, and delicate. She was taken in April last with a slight cough. The first week in May she became unable to be about much. Violent cough, profuse expectoration, so as to raise one pint a day, and some daily fever, night sweats, and rapid debility, followed by a total loss of appetite, utter prostration of strength, and entire cessation of monthly sickness—very severe pain in her right side, which, after a time, changed to her left side; she could not lie upon her right side at all; her feet and limbs swollen very much, so as to shine and appear almost transparent. Her physician gave her up. Another physician, who chiefly attends to lung diseases, said she could not be cured—he could do nothing for her. It was supposed she could not live one week.

"On the 22d of June last, my husband called on you, stated the

case, and took your remedies. After the remedies were received, our clergyman called on us, and said, as consumption never was cured, he considered it wrong to be giving her medicines; but as we had no other hope, we used your remedies faithfully—inhaling tube, shoulder braces, supporter, and medicines. We called on you from time to time for advice and medicine, which were strictly employed. She is now perfectly well, but has not quite recovered her strength, and has not coughed once in three weeks. We thank a good God for this, and hope you may be always as successful.

"ELIZABETH REDMOND."

April, 1851, Miss R. is in excellent health.

CASE XI.—*Grovner Noyes.*

"Peekskill, N. Y. May 9, 1850.

"Dear Sir,—It is with feelings of gratitude, I assure you, that I withdraw a moment from my business to communicate the astonishing effect your medicines had on me. Two years ago the 28th day of March, I was attacked with a severe turn of bleeding from the lungs, which continued for a day or two. For two or three months previous to this, I had a very distressing cough, insomuch that I could not rest day or night. I tried everything I could think of, but nothing seemed to do me good. After bleeding from the lungs I was very much reduced, and so weak that I could not be raised in bed without fainting. However, after a short time, I gained a little strength, so that I could walk about a little; but this strength did not last long. I took a short walk one damp day, and took a very heavy cold; my body was a wreck of pain. I was attended by two skilful physicians, who did all in their power to relieve me, but the relief their medicine afforded was only momentary; my left hand and foot became powerless almost. I was so sore across my chest and stomach I could scarcely breathe. Whenever I coughed, my lungs became so irritated they bled. I was as helpless as an infant. Reduced to a mere skeleton, *my bones had worn through the skin.* I was in as shocking a condition as any one could be, and live. N

one thought I could survive but a short time. For three months I was in this condition, when a kind neighbor felt interested enough to send me one of your books called "Dr. Fitch's Six Lectures on the Prevention and Cure of Consumption." I read the book, and felt assured you could do something for me, and that to remain in the condition I was then in I must die. I stated my case to you, by letter, as near as I could, and you prescribed for me. I commenced with the remedies as directed, and in less than three weeks was enabled to get out of doors again, to the astonishment of my physicians, friends and neighbors. It seemed as if your medicine braced me right up. My recovery was very rapid. I felt I gained strength every day. I am now in a comfortable state of health. I can go out in all weathers, and not take cold. I can truly say that I have not had a bad cold or cough since I commenced using your remedies. I continue bathing daily with cold water. The shoulder brace and supporter I would not dispense with for any consideration. When I feel the least indisposition I apply to your remedies, which always give immediate relief. I have now no pain or soreness whatever; can lay down and sleep soundly. If I can always enjoy as good health as I now do, I shall be contented and happy; and I write this to certify that both my friends and myself have the utmost confidence in your superior skill and knowledge of my case.

"Yours, with respect, GROVNER NOYES."

April, 1851, is in excellent health.

CASE XII.—*Mr. Moses Ely.*

When I first saw Mr. Ely, his right lung was most extensively ulcerated, and neither myself nor any one supposed that he could possibly recover. This letter speaks for itself. April, 1851, he is still in excellent health; now twenty-one years old.

"New-York, N. E. cor. Gold and Fulton sts., Aug. 20, 1848.

"DR. S. S. FITCH:

"Dear Sir,—In accordance with your desire, I will now attempt to

give an account of the very critical situation in which you found me when you visited me on the 5th of May, 1847, together with the causes which led to it, and my present state of health, compared with that of the above time. Careless exposure during the winter previous had caused me to take cold upon cold, which being neglected, paved the way for inflammation of the lungs, with which I was attacked on the 20th February, with such severity, that on account of the very sharp pain it occasioned in my right side, I was unable to take even the slightest breath without the greatest difficulty. Leeches and other applications were made, with but temporary effect, and the disease gradually progressed, notwithstanding the efforts of the best medical advisers to check it. Soon the greater part of my right lung seemed entirely to cease acting; and when I inhaled the air, only the front upper part of my right breast moved. My cough abated none, and the character of the expectoration became worse and worse. The disease so far baffled the skill of my physicians, that they soon began to abandon all hope of my recovery, and on or about the first of May, they gave me up, and resigned me to the kind offices of '*time* and *nature*.' Previous to this, I had accidentally overheard one of them tell some of my relatives, in an adjoining room, 'It is *impossible* for him to live,' and on the same day that they gave me up, he met my uncle in the street, and told him that I might possibly live till August, but not longer; and it was then, when deliberating what course next to pursue, that I heard of your manner of treating diseased lungs, and determined, if possible, to have the benefit of it. Accordingly, you called to see me on the 5th of May, when the symptoms which the disease had assumed were as follows: I had constant sharp pains in my right side, midway between the hip and the shoulder, running from the front through to the back part of the breast; in my right shoulder, and running down my arm to my elbow, (which last prevented my raising my hand to my head,) and an almost incessant cough, with a copious expectoration of thick, yellow offensive matter, which sank in water. I was confined to my bed most of the time, and unable to lie on my right side. My right lung was still inactive—my appetite, which before had been miserable, was now almost insatiable, and my bowels had been, since I was first attacked, very inactive. My right

side had sunken in very much, and my shoulder being deprived of its proper support, sunk so far as to be much below a level with the other one. On the same day that I placed myself under your care, I went to Newburg, and soon began to discover a very favorable change in my feelings. The use of the braces and tube enlarged my breast very much, and caused the cavity to fill up. My appetite became reduced to its natural standard, the pains gradually subsided, and my bowels became regular. On the 4th July, I was so far recovered as to be able to be from home all the morning; and on the 1st October following, returned to New-York, and have ever since attended to my business, with scarce any interruption in consequence of sickness.

"I now feel quite well, but still have a slight cough, from which I hope soon to recover. Other than this, nothing remains of that dangerous illness, from which, through your timely aid, I was relieved. I have recommended your treatment to others, and watched its effect upon them, and have become acquainted with a great many who had been previously benefitted by it; and the result is, that I can recommend your practice with the greatest confidence to all who are afflicted with diseased lungs, feeling assured that in doing so I can do them no injustice.

"Hoping that many years of continued usefulness may be in store for you, I am, with great respect, yours, &c.,

"Moses Ely."

CASE XIII.—*Mrs. Dorcas T. Moore.*

"Farmington, Maine, Oct. 16, 1848.

"Dr. Fitch:

"Dear Sir,—I fear that you have thought that I have forgotten you, my kind benefactor—but I have not, nor ever shall, while memory lasts. Your medicines and machinery have met my most sanguine expectations. My health is better than it has ever been since my remembrance; and your tube, braces and supporter have done all for me that you recommended them to do. Please to accept my most sincere thanks and well wishes. "Yours, in haste,

"Dorcas T. Moore."

CASE XIV.—*Rev. Rodolphus Bard.*

"Dr. S. S. Fitch:

"Dear Sir,—In looking over the history of the last two years of my life, I am filled with gratitude to God for his great goodness in so far restoring my health and giving me back to my family, after all hope had fled, and they could only look on me as already entering the grave. It has ever been to me a self-evident truth that the all-wise Creator always works by means, and it gives me great pleasure, my dear sir, to say that your remedies for the cure of consumption were the means, the 'only means,' of my recovery, as will more fully appear by the following statement of my case.

"First, my family nearly all consumptive—my mother, brother and also a large number of other relatives, died of consumption. From my childhood my constitution was slender, and for the last 25 years, regarded by all my friends as inclining to consumption.

"At the age of 25 years I commenced preaching the Gospel, with but little prospect of living to the age of 30. Lungs weak, a constant hoarseness and hacking cough, some expectoration, often night sweats, and habitual costiveness, attended with frequent distressing nervous head-aches. A change of climate from New York to Ohio operated favorably, and for 12 years I was able to act as Pastor of the Baptist Church in Brimfield. In the winter of 1844 I had a severe attack of erysipelas fever, which very much injured my constitution, and left me in a decline. In the winter of '46 I took the charge of a protracted meeting in Mantua, laboring night and day for four weeks, at the close of which I found my whole system entirely prostrated—my lungs so weak it was with difficulty I could speak so as to be heard. My friends and ministering brethren became alarmed, and earnestly advised me to stop preaching. But I did not realize my danger, and continued to preach two or three times each Sabbath during the summer. In September, I took a violent cold, and at once found myself on a sick bed with a hard cough, large expectoration of light frothy matter, daily chills, fever, night sweats, loss of appetite, pain in the chest, shoulders and limbs, palpitation of the heart, nervousness, &c. I tried the usual remedies,

such as blistering, &c., to no benefit. I went down rapidly, with increasing alarming symptoms, until the middle of November. All hope was gone, and the community considered me past recovery.

"A copy of your Lectures fell into my hands, the reading of which rekindled a spark of hope. I lost no time in applying to you, and on the first day of December, '47, 'of happy memory,' received a full supply of your remedies. I followed your directions to the letter, and to the astonishment and joy of all my friends, my recovery was as rapid as had been my decline, so that on New-Year's day I was able to visit my friends. I soon felt myself compelled to labor for the support of my family. During the summer I performed my usual amount of labor.

"In October, '48, I again found myself failing. I called on Dr. A. Jackson Squire. He decided I had a chill fever—gave me medicine which soon relieved. However, I imprudently went out too soon, which brought on a relapse. The disease concentrated its whole force on my lungs—my right lung till then was sound—but now both lungs were highly congested. Cough returned with great violence—lungs soon became loaded with thick heavy matter without the power to throw it off. I was out of your medicines, but fortunately, I was able to borrow from one of your patients, 1 bottle of Expectorant, 1 do. of Pulmonary Balsam, and a bottle of Anti-Mucus Mixture. After taking the Expectorant a few days, I raised large quantities of matter that would sink in water almost as soon as lead. That bottle of Expectorant saved my life. I immediately applied to you again—there was necessarily considerable delay in getting the medicines. My friends and physician said there was no hope in my case, and I too felt that my time to die had come—made arrangements to leave my family—and how could I think otherwise? I had a hard cough, raised large quantities of solid matter, distressing pains through my entire lungs, shoulders, bowels and limbs, daily chills and fever, night sweats, loss of appetite, flesh rapidly wasting away, and to crown the whole, swelled limbs and diarrhœa.

"Your letters, dear sir, to me were full of kindness and encouragement. You said you fully believed I would yet recover. You did not misjudge. My recovery was slow 'but certain.'

"In May, 1849, I felt anxious to see you. My health still very poor, many of my friends thought me presumptuous in undertaking such a journey alone. On your examination of my lungs you pronounced the entire front of my left lung and the top of the right ulcerated. This was no news to me; I had made the statement often to my friends, which I found to agree with your decision. You also said my lungs were in a healing state. I now acknowledge my doubts at that time, but have since found you were correct.

"In October last I was elected to the office of Recorder of Portage County, Ohio. My political opponents said that writing would kill me, and some of my friends even feared it might prove true. I have now been in the office, writing from four to eight deeds per day, for four months, my health improving all the while. The secret of all this is, you, sir, have learned me how to take care of my health. I am often asked, 'Do you expect to be restored to perfect health?' I answer all such, 'I never enjoyed perfect health; I have now almost gone through the winter without any serious attack of the lungs, and by care I hope yet to live to the common age of man.' Dr. Earl, of Franklin, not long since said to me, 'Sir, you are almost a miracle in the history of disease.' Others have expressed themselves in the same manner. In conclusion, I will say, no man feels a deeper interest in consumptives than myself. To all such I honestly and conscientiously would say, 'Try Dr. Fitch's remedies—try them faithfully, do not say you cannot follow his directions, but follow them perseveringly, and through the blessings of God you may yet live who would otherwise sink into an early grave.'

"In publishing the above statement I believe I am doing my duty to an afflicted public, and to you, kind sir, as a benefactor; and it shall ever be my prayer that peace, prosperity and long life may be yours. With sincere regard, I remain yours truly,

"RODOLPHUS BARD

"Ravenna, Ohio, October, 1850."

CASE XV.—*Consumption produced by a humor.*

I have often referred to the fact, that the two great principal causes

of consumption are loss of symmetry, and a humor or poison in the blood. The following is a most marked case illustrating what I have said. April, 1851, Mrs. Burrett is very well.

"Waterbury, Ct., August 28, 1850.

"DR. S. S. FITCH:

"Dear Sir,—You wished me to write a statement of my case. My exact case was written to you the fore part of February, 1850. I will put them down as near as I can remember. When I wrote you I had been confined to my bed three months, since my confinement. My symptoms were daily hectic fever, constant cough, raised thick yellow matter, sometimes it was frothy, a heat, dryness and constant tickling in my throat, pain through my chest and shoulders, great pain in my back, constant diarrhœa, could not eat anything but soda crackers, great coldness in my lower limbs. Physicians, friends, and myself thought consumption would soon lay me in the tomb. Friends, who came to see me from a distance, thought I could not live more than two weeks. I alone had faith that you might help me. I wrote you. Your candid answer was that, under all the circumstances, the probability was medicine would not avail, but if I wished, you would send me some, which you did. I took them faithfully two months, when I found myself so much better I thought I might leave them off. As soon as I commenced taking the medicines, my appetite came, and I could eat anything. I continued to improve, and in July my general health was better than it had been for some years. I have had biles, or an eruption of some kind, on my face, most of the time. At present my health is good; and what has passed off in biles, seems to have gone into my hands and ear, they are all running sores. My hands are bound up, so please excuse the soiled paper and poor writing. I will now close, hoping soon to cancel my pecuniary obligations; but the debt of gratitude I owe you for my restoration to health and my little ones, will be lasting as life; and I trust and pray, dear sir, that your valuable life will long be spared as a blessing to afflicted humanity. You can make any use of my case that you wish.

"Very respectfully yours,

"SARAH LOUISA BURRETT."

CASE XVI.—*Mrs. T. T. Dean*

"Ballston Springs, N. Y., Oct. 6, 1848.

"DR. S. S. FITCH:

"Dear Sir,—My father died of asthmatic consumption—mother died of tubercular consumption. I have been unwell five years, pain in left chest and lungs, cough, raising matter and blood at times. In August, 1847, I called on you and got your remedies; in their use several ulcers broke on my left lung. The medicines and all the remedies acted well, and before long, I was restored to good health. I have now no cough, and feel as if I have a new lease of life for many years. I feel obliged to you for this result by God's blessing. I think yours is the true practice in consumption. Chronic diarrhœa I have had for years; I am much relieved of it, and am almost well.

"MRS. T. T. DEAN.

"At the house of Rev. N. Fox."

CASE XVII.

Letter from Rev. R. Whitwell, Episcopal Clergyman of St. Armand, C. E., who has had a good opportunity to judge of my remedies.

"New-Haven, Ct., Aug. 28, 1848.

"My dear sir,—I have but a moment to say that I am now free from cough and expectoration, and for a week back have been slowly recovering my appetite and strength. Week before last I bathed in the sea at Morris' Cove four mornings out of the five. Your medicines are truly what they profess to be—'no mistake.' Shall pursue the course as you directed, and hope still to benefit by your judicious treatment. With thanks for all your kindness, and the good service from your excellent practice, I remain, &c., yours faithfully,

"R. WHITWELL."

CASE XVIII.—*Mrs. Charles M. Brockway.*

"Brockport, N. Y., August 21, 1848.

"DR. FITCH:

"Dear Sir,—It is but right that I should acknowledge the benefit

derived from your treatment. When I first saw you in February, 1847, I was thought by my friends and several eminent physicians to be past cure, unless your remedies could help me. I had a very bad cough, and every morning raised a quantity of blood—also a very bad pain in my left side and chest—almost lost my voice at times—great weakness in the small of my back, palpitation of heart, and bloated very much in my bowels. I purchased one of your books, and in a week from that time was on my way to see you. My husband and friends did not expect to see me return alive, but in four weeks from that time I returned to my family, very much improved in health, to the astonishment of all; and in three months from the time that I commenced using your remedies, I was entirely cured.

"Respectfully yours,

"Mrs. Chas. M. Brockway."

April, 1851, still in excellent health.

CASE XIX.—*Rev. W. H. Tiffany.*

"New-York, September 28, 1850.

"Dr. S. S. Fitch:

"Respected Sir,—For two years have I used your brace, supporter, and inhaling tube, and have derived great benefit from the same. I am naturally of slender make, predisposed to consumption. Before I used any of your remedies, physical prostration was the almost certain result of the Sabbath day's labor; but *now* I find preaching to be a delightful recreation. I might say *much*, and still not be saying *too much*, in recommendation of your system. I advise all my ministerial brethren, at least to purchase your 'Six Lectures,' brace, supporter, and tube, feeling perfectly satisfied that my advice will not be found by them to be wrong.

"I remain, very respectfully and truly, your friend,

"W. H. Tiffany,

"Preacher in the Methodist E. Church.

"My Post-Office address is Minaville, Montgomery Co. New-York."

CASE XX.—*Mr. William Wigram*

"Saugerties, Ulster Co., N. Y., Aug. 3, 1848.

"Dr. S. S. Fitch:

"Dear Sir,—I am glad to inform you that I believe I am decidedly better, if not entirely well. I feel as well, nearly, if not quite, as I ever did—have not the least pain anywhere—sleep well and eat well. I walked a mile last week, half of which was very much uphill, and walked fast, in company with another person, as fast as I ever walked on ordinary occasions, and did not feel more difficulty of breathing, or was more exhausted, than I would have been twenty years ago; but I cough, perhaps once, or sometimes during the night and before breakfast. Some days I do not cough at all; when I do cough, expectorate hardly anything. It is merely a single cough at a time—no *spell*, or continuation of coughing—generally cough once, and shortly afterwards again; I then expectorate a little, and am sure not to cough again for hours, or during the day. When I take a cough pill, I generally do not cough again for hours, sometimes a whole day. Not having seen Mr. Sol'n M. Myers since 4th July, I yesterday called on him, and was rejoiced to hear him say that he believed he was *entirely well*, not having coughed a single time (and of course not expectorated at all) during the last two weeks. He said he had lately got a new supply of medicines, and believed he would use them up, being well satisfied that your medicines, taken according to directions, will hurt no one. He has the fullest faith that it must be the *worst* of cases of consumption if you did not cure it. I advised him by all means to continue using the medicines, for fear of relapse—that if I had the medicines, I would continue using them more or less for years. Yours, truly,

"William Wigram."

Mr. Wigram is a most respectable practising lawyer, and extensively known. His health was in a most critical and dangerous state when he first called on me. His lungs were badly ulcerated and tuberculated. Now, (April, 1851,) he is very well. He is 60 years of age.

CASE XXI.—*O. Thayer, Esq.*

November 7, 1848, I was consulted by Mr. O. Thayer, of Newark, New Jersey. He is one of the proprietors of the Hudson River Cement Company, doing business at Jersey City, near this city: a gentleman of wealth, piety, and education, well and favorably known. His right lung was extensively ulcerated, congested, and tuberculated. Nearly all the right lung was diseased, but mostly in the front lobes: his left lung was catarrhal and hoarse; bad cough, expectoration, pain in both sides, great soreness across the chest, considerable palpitation of the heart, very dyspeptic, and had been so for years, great prostration of strength, very short breathing, and constitution much shattered by disease, flesh much wasted, frequent chills and daily fever I give a letter from him to me, and a letter of inquiry to him, and his answer. All who have given letters in this book are happy to answer letters of inquiry, provided the postage is paid. Mr. Thayer had previously used my mechanical remedies for support 18 months with much benefit, but he had not used any of my medicines.

"NEWARK, N. J., August 14, 1850.

"DR. S. S. FITCH:

"Dear Sir,—Having apparently recovered from the pulmonary diseases from which I have so long suffered, I feel it my duty to communicate the following brief particulars respecting my case, for the encouragement of the suffering. My difficulties commenced in the spring of 1838, with a hemorrhage from the lungs, and expectoration, attended with severe pain in the left side and breast, which soon extended to the right side, with slight cough, shortness of breath, night sweats, inflammation of the chest; emaciation and weakness ensued, and bleeding from the lungs continued. By the advice of an eminent physician, I spent a year in Virginia, and returned with improved health. During the following summer I raised blood again, which continued, more or less, until the 14th August, 1848, when I raised about a pint. I then gave up business. On the evening of the 15th, I raised, as was judged, more than a *quart of fresh blood from the lungs.* It was not till then that I gave myself up to the horrors of

my situation—night sweats wetting my bed through and through—and a distressing cough immediately commenced; I had copious expectoration, mingled with blood—shortness of breath, rendering it necessary to communicate my wishes by writing, as, on attempting to speak, my breath seemed gone, and instant hemorrhage ensued; my pulse, one hundred and twenty-five per minute, with sharp pains through my lungs and chest. One physician said my heart was much diseased, as well as my lungs. Another, that the *tops* of both my lungs were ulcerated and gone; that he could give me no encouragement; I might continue a short time, but probably should not. Another said all my vital organs were diseased; heart and lungs very much; thought he ought *not* to give me *any* encouragement; said I might keep along a week or two, but was liable to die any minute; advised me to take simple remedies that would alleviate my pains, which was all I could expect to be done for me. An eminent physician in New York next gave his opinion that the *bottom* of *both* my lungs was destroyed and gone, lungs full of ulceration, my heart much diseased, and so much inflammation in my chest that my case was utterly hopeless—my speedy dissolution certain; said, remedies for fever and ague would be as good as any thing for me, and recommended arsenic! About two weeks after this last opinion, I saw you, and on examination you told me the centre of my right lung was badly diseased; and never shall I forget my feelings when you said you thought I might be restored—I had considered my doom certain. When I commenced taking your remedies, and saw their number, my heart sank within me. I doubted the propriety of taking so much medicine. I longed to see one who had been *restored by them*—to behold with my own eyes the *countenance where blushing health* had gained *the ascendency* over pale consumption. As if to add to the horrors which surrounded me, one advised one thing, another recommended something else—some said your remedies would certainly kill me—others, that I had better let all medicines alone, that I should suffer less—physicians all agreeing that consumption was incurable. I persevered with your remedies according to directions, and found relief. The morning cold bath, with the cloth wet with cold salt water, laid upon my breast during the night, allayed

the inflammation. The Cathartic and Cough Pills relieved me at once; the Heart Corrector and Pulmonary Balsam I found priceless remedies for diseases of the heart and lungs. My health has greatly improved. The night sweats, pains in my chest, cough, and hemorrhage, have all disappeared. I have gained nearly my original weight; can run up-stairs or walk up-hill without fatigue, and frequently walk many miles in a day. I am strongly impressed that walking out and exposure to the open air has had much, very much, to do with my present improved health, and expanding the chest by inhaling all the air possible is also of immense benefit, especially where there is pain in the chest; and keeping the chest erect and thrown forward. Your Tube I could never use, but have expanded my chest by inhaling long breaths, very considerably. I feel as though a new life has commenced with me, and I may yet see the opening buds and sunny skies of many springs. My acquaintances view me with amazement; they supposed I should long ere this have been in my last repose. And here allow me to express my gratitude to you for your faithfulness and kindness to me, and moreover, to the great Physician who blessed the means for my recovery; also my entire confidence in the efficacy of your remedies for the cure of pulmonary diseases. If this hasty epistle should afford aid or comfort to the suffering, my object in writing will have been attained.

"Very respectfully, your obedient servant,

"O. THAYER."

"Dayton, Ohio, Feb. 8th, 1851.

"MR. O. THAYER,—The occasion for this communication will, I trust, be a sufficient apology for addressing a stranger in this way.

"Dr. S. S. Fitch of New-York, in a pamphlet which he has published, gives a letter over your name, of date August 14th, 1850, stating that by the use of his remedies you were, at the date of the letter, nearly cured of the consumption. Having a case of lung disease in my family, I have concluded to try Dr. Fitch's remedies, if I can first be assured by those said to be benefitted by them, that as much was accomplished in this case as it claimed.

"You will do me and many others great kindness, by informing

me whether the said letter, as published, gives a correct statement of your case, and also whether you continue to improve, or have attained to perfect health.

"By answering this immediately, you will very much oblige a stranger. "Yours, respectfully,

(Signed,) "CHARLES H. CRAWFORD."

"Newark, N. J., Feb. 15, 1851.

"CHARLES H. CRAWFORD, ESQ.,

"Dayton, Ohio:

"Dear Sir,—Your letter of 8th inst. is received, and in reply, I am happy to inform you that the letter, as published in Doctor S. S. Fitch's pamphlet, over my signature, is correct; and I am better than I have been for many years. I have received priceless benefit by the use of his remedies, and cheerfully recommend them to all suffering with pulmonary affections. I believe his remedies would alleviate all cases of consumption, and cure such as are not *too far* advanced. I have been brought low, and my case was apparently hopeless. It *must be remembered* that his remedies do not consist in *medicine* only; *exercise*, the outer air, bathing in cold (salt) water—(I will add, rubbing with the bare hand after bathing)—are indispensable; diet must be carefully attended to. The patient must judge for himself what best can be eaten, &c., &c. The cold wet cloth is of very great importance, laid upon the chest in front, and kept on during the night; commence bathing with tepid water in a *warm* room; let the bath be taken upon rising in the morning, (and not at night,) keeping the chest erect with the shoulders thrown back, and expanding the chest with a tube, or by inhaling long breaths. During the last year I have been engaged in active out-door business, part of the time travelling. I think great care should be taken to keep the feet not only dry, but warm; *never* retire with *cold* feet. After putting the cold wet cloth on the chest at night, I invariably wrapped my cloak around me, and sat with my feet to the fire until I was warm, before retiring for the night. From great prostration I am restored to comfortable health, and find my strength and flesh increasing. I can now appreciate the blessing

of good health, as I never did before, and if I can render any assistance or advice to the suffering, it will afford me pleasure.

"Respectfully yours,

"O. THAYER."

CASE XXII.—*Ann D. Birdsall.*

In January, 1849, I was consulted by Mrs. Ann D. Birdsall by letter. She received her medicines last of March, or beginning of April following. Besides her condition as related in her letter, her monthly periods had wholly ceased eleven months, many of the Society of Friends had witnessed the good effects of my remedies, and made a trial of them. Although the case seemed so utterly hopeless, Mrs. Birdsall called on me in October, 1849, in very good health. I have received letters from her, and seen many of her friends and husband since; all speak of her continued fair health. She is an intelligent, well educated woman, a much esteemed member of the Society of Friends, is well known in this region, and was from Utica, N. Y.

April, 1851, up to this time Mrs. B. is well.

"Albion, Calhoun Co., Michigan, Sept. 29, 1849.

"DR. S. S. FITCH:

"Esteemed Friend,—I have long been in delicate health. My father, mother and six brothers and sisters died of consumption. I have suffered by miscarriages, and was so reduced by dreadful female diseases, and, at the same time, bad cough, bleeding at the lungs, soreness of the stomach, sour stomach, dyspepsia, and burning at the stomach, palpitation of the heart, kidneys badly affected, falling of the womb, and female weakness—my right arm always cold, and had to be swathed in cotton—for *eight months I did not leave my bed.* My physicians and my friends gave me up; my grave-clothes were made, so certain did the approach of death seem. When all hope had ceased, your medicines and remedies were obtained, and by God's good blessing and their use, I am now in good health, or nearly so. I can walk and ride well—no cough, very little palpitation, stomach in good order, and bowels. I have found all your remedies and direc-

tions most salutary and useful. I have followed your directions carefully. After thanking a good God, I must gratefully thank you for all you have done for me. Thy friend,

"Ann D. Birdsall."

CASE XXIII.—*Mr. Stephen B. Dodge.*

"Yorktown, Westchester Co., N. Y., Jan. 9th, 1851.

"Dr. S. S. Fitch:

"Dear Sir,—I have been subject to a cough and expectoration as long as I can remember. I am forty-two years old. I gradually wore down so as the last year not able to work at my trade, shoemaking; left side became so much affected as to lose the use of my left arm and shoulder pretty much, cough extremely bad, and raising vast quantities of corrupted matter, palpitation of the heart, constant dull head-ache, fever daily, and chills occasionally, never knew a good night's rest, unbroken by coughing, stomach out of order, sour, distress after eating, sickness of stomach, &c., bloody phlegm, &c. at times. Doctored much and of all kinds, not much help, only a little temporary relief. For one year I could do no work. I gave up all hope of relief, and felt scarcely able to walk. In this state I called on Dr. S. S. Fitch, 707 Broadway. You examined my chest and whole case; you said you thought I would get well. On the 29th day of August, 1850, I took all your remedies, inhaling tube, shoulder brace, and supporter, and medicines, and all seemed to agree perfectly. I took the medicines about two months. I now seem to be perfectly well. I have gained twenty-one pounds in flesh. I still use the tube, braces, and supporter, and free cold bathing every morning. Your remedies have been in my case all that praise can bestow. I work daily at my trade, and with happiness.

"Respectfully yours,

"Stephen B. Dodge."

CASE XXIV.—*Mrs. C. B. Collins.*

I give the following letter because it expresses an idea that should

be felt by all. The physician who proclaims consumption incurable, and yet treats it in the cruel manner often witnessed, does most "mercilessly trifle" with human life.

"Rochester, New-York, March 12, 1851.

"DR. FITCH:

"I wish to submit to your care, prescription, and *invaluable practice*, an invalid sister who is too feeble to visit you at present, but who has unbounded confidence in your system of practice in consumption, from knowing its *value*, by what it has already by God's blessing done for myself, now in very good health, four years since *given* up to die in consumption. Although you did not personally prescribe for me, you were the originator of the means used and blessed unto my recovery. I feel to *thank* you and praise God for the interest you take in the poor consumptive class of invalids, for your application, and vast acquirement of useful knowledge, in this branch of medical science, so *misunderstood*, and indeed so *mercilessly trifled with* by all *former classes* of medical men. You may well be called the *philanthropist* of the *present age*. In my own name, and in the name of thousands, I thank you, and call on God to bless you and your *efforts* for the benefit of mankind. May all the laurels of *human honor* encircle your brow, and acknowledge far and near the obligations due to your successful efforts. Yours, very truly,

"MRS. C. B. COLLINS."

CASE XXV.—*Miss Elizabeth B. Lum.*

The young lady who gave me the following letter, when she first called on me, presented about as perfect a specimen of a human wreck as one is ever allowed to see. Lungs, heart, kidneys, &c., all much affected, blood thoroughly poisoned, a humor raging throughout her system; utter prostration of physical energies, face nearly as blue as a corpse, despaired of by all her friends. Never acquainted with such a thing as good health, life itself daily threatened. She is well educated, accomplished and pious. It gives me great pleasure to subjoin the following letter from her. She is nineteen years of age.

"Sycamore, Ill., March 17th, 1851.

"DR. FITCH:

"Dear Sir,—I feel that I owe you a great many apologies for having procrastinated so long in writing, but I have thought of you daily with the deepest gratitude, and with a sense of obligation that can never be discharged. Would that I could induce every victim of the destroying angel of our country, consumption, to partake of your remedies, 'to drink and be healed,' and for the benefit of any whose end is perhaps being hastened by impolitic advice and improper remedies, I will give a short sketch of my own experience.

"Consumption is hereditary on my father's side; he died of consumption, many of his relatives have died since my recollection, and *all* with that insatiate disease. Constitutionally delicate, I have often heard my mother remark that she never dreamed of my life being protracted beyond the period of childhood.

"When a child of three and four years, I was so debilitated that for a long time I could not stand upon my feet on awakening in the morning. I was about this time attacked with chronic sore eyes, which remained sore and weak for years; was all my life subject to violent palpitation of the heart, at times could scarcely bear the slightest exertion or the least fatigue, and suffering frequently from pain in the chest and shoulders, and continually from urinary difficulties, and inward fever.

"In the summer of 1846, we removed from New-Jersey to our present residence, De Kalb county, Illinois, and for a short time the climate seemed to prove beneficial, but in the autumn of 1847, I contracted a heavy cold, and was first attacked with violent palpitation of the heart, and so severely and singularly was I operated upon, that my physician afterward said that he thought at the time I must be dying. My breathing was convulsive: my countenance at one moment dyed to a deep purple, the next the blood leaving it white as death. I was troubled during the winter with a dry hacking cough, night sweats, pain in the side, chest, and beneath the shoulder blades, my breathing continued painfully short, constantly attended with urinary difficulties, and a fever that threatened at times almost to consume me.

"In the May following, my mother determined to return to New-Jersey with me, in hope that travel and change of climate would prove beneficial to me, and most of my acquaintances prophesied that I would not live to return in the ensuing autumn. Soon after our arrival in New-Jersey, I was induced by the representations of a gentleman of my acquaintance, (who had been much benefitted by your advice and medicines,) to consult you. I did so, and was provided with shoulder braces, supporter, inhaling tube, and medicine, and their concerted action operated like a charm. I soon began to breathe a different atmosphere, and a vigorous life, to which I had before been a stranger, pulsated through my system. The old painful, debilitated and precarious existence I had so long sustained, lost its identity in a new and delightful sense of being; and I sincerely believe, that had it not been for your kindly advice and remedies, I should long ago have passed that 'bourne from which no traveller returns.'

In closing, permit me to say that my gratitude is inexpressible, that it is incorporated with my life, and will end only 'when the golden bowl is broken, and the pitcher at the fountain,' when 'the dust shall return unto dust, as it was, and the spirit shall return unto God who gave it.'

"May you long be spared to retain the elevated position you have taken in that great circle where intellect and humanity go hand in hand. Yours, most gratefully,

"Elizabeth B. Lum.

"P. S.—A lady residing about six miles from this place has been suffering through the winter with all the dreaded symptoms of consumption. Some time since I sent her a bottle of pulmonary balsam, one of liniment, with directions to bathe, &c. She soon found relief, and is about to send to you for a package of medicine in the confident hope of a certain recovery. E. B. L."

CASE XXVI.—*C. D. Petrie, Esq.*

On the 18th day of December, 1849, I was called to see Mr. C. D Petrie. He was very low, only able to go from his bed to his chair Both back lobes of his lungs were badly ulcerated, the left lung ex

tensively; his general health greatly prostrated, &c He is a very intelligent, well educated gentleman, and enjoys a very respectable social position. At this time, (April, 1851,) he is in good health.

"New York, 630 Greenwich street, April 19, 1850.

"Dr. S. S. Fitch:

"Dear Sir,—In December, 1848, I was taken sick with a cough, expectoration, and pain in my chest, which soon increased vastly. In May, 1849, I began to raise bloody matter and great increase of expectoration, and cough; matter would sink in water like shot. Night sweats, most profuse chills and fever, which prostrated me. My father is a physician of Naples, Illinois, who did all that he could for me. In June, 1849, he took me to St. Louis, Mo., where I consulted Doctors Professor Pope and Professor Linton, both of the St. Louis Medical College. They both pronounced me in confirmed consumption, and that I could not live but a short time, say until the next September. On the 18th day of December, 1849, I consulted Dr. S. S. Fitch, of 707 Broadway, New York. He gave me but little encouragement, as I was so very low and no mitigation of my disease. My father had urged me to see you with very little hope. Your remedies have acted on me in the most happy manner. I am now in excellent health; I have not coughed once in six weeks, no pain or any trouble whatever, and no expectoration. I am satisfied that consumption is a curable disease, so is my father. I would advise all consumptives to try Dr. Fitch's remedies.

"C. D. Petrie."

CASE XXVII.—*Heart Disease.*

This person did not expect to live three months. She is a most accomplished and elegant lady

"South Brooklyn, July 16th, 1850.

"Dear Dr. Fitch,—You to whom I owe so much of my health and happiness, words can but feebly express my feelings yet I cannot

refrain from addressing you, to assure you what my gratitude must be in future.

"About six months previous to the period at which I commence this letter, I was severely afflicted with what I supposed to be disease of the heart. I had tried everything I could hear of, together with the advice of one of the best physicians in the city, until I was fully satisfied I had done much to my injury to obtain a temporary relief. In this state of suffering I came to you for advice, which you gave me with such calm confidence, it encouraged me, and sustained me, or rather seemed to quiet me, for in my weak and highly excitable state, the barest possibility of relief acted as a stimulant, and seemed to arouse every nerve within me. I willingly submitted myself to your treatment, and soon experienced its magic effects. I can truly say I have not enjoyed such uninterrupted health for many years. In skill and science, I am sure you have no equal. I have read your book of Lectures with peculiar pleasure, which I recommend most cordially, and particularly admire the liberal and generous tone, so free from any thing like professional exclusiveness. I have endeavored to be as brief as possible. Permit me therefore to hope you will have health and happiness, beyond the reach of want, for the rest of your life, to compensate you for your benevolence and energy so freely spent in the public service. Yours, truly and sincerely,

"Mrs. M. H. Valentine."

CASE XXVIII.—*Throat Disease.*

The treatment I recommend will usually cure a throat disease in from two to eight weeks as a general rule, with very rare exceptions.

"New-York, Dec. 6th, 1850.

"Dr. S. S. Fitch:

"Dear Sir,—The very great benefit I have derived from your remedies, together with the sincere gratitude I owe you, induces me to lay my case before you, as in your practice I have no doubt you have similar cases, to whom it might be a satisfaction to hear of the wonderful efficacy of your remedies in throat diseases.

"From a child I was afflicted with scrofulous sore throat, which was hereditary, as my sister was similarly afflicted. I was under the care of some of the best physicians in Dublin and London, till I was fifteen, without any permanent benefit. Small lumps would form in my throat, break and scatter, together with great soreness on the inside, and attacks of inflammation. Six years ago I arrived in Boston, Mass., and consulted two eminent physicians there, who informed me I would be obliged to resort to the use of caustic, cutting my palate, &c., &c. These operations I shrunk from with horror, as my throat and voice I was wholly dependent on for a livelihood, singing being my study and profession. In the beginning of February, 1850, I visited New-York, for the purpose of placing myself under the instruction of some eminent musical professors. I was in New-York but a few weeks when I was taken with a violent attack of sore throat, so that I was confined entirely to the house, unable to sing or use my voice. I became disheartened, when a friend of mine knowing you, wished me to call on you and consult with you. I did so; you encouraged me. I followed your directions faithfully. Used your invaluable liniment and wet cloths on my throat at night. Your tonic wash for sore throat I found very beneficial, as also all your remedies. Your abdominal supporter I could not wear for any length at first, but soon became accustomed to it. I now wear it constantly. In my joy for the recovery of my throat, I had almost forgotten to say, I had always suffered the most excruciating pain, monthly, which debilitated me much; this I am happy to say is entirely removed, from the use of your supporter, &c., &c. I now may say, thank God, through you I am a healthy woman. I now use my voice constantly. Singing four and five hours a day without inconvenience, and consider that organ more pure, clear, and perfect than ever. You are at liberty to dispose of this letter as you please. I can be communicated with, or seen, by making inquiry at 639 Hudson st., New-York, of Mrs. Sophia Levey. Dear Sir, very gratefully yours,

"C. M. Murray."

CASE XXIX.—*James M. Evarts.*

"Westville, New Haven, Aug. 13th, 1849.

"DR. S. S FITCH:

"Dear Sir,—It is with feelings of gratitude that I give you a statement of my health for a number of years previous to my acquaintance with you. I had felt that my health was gradually failing, though, for most of the time, I was able to labor until the fall of 1847, when I was taken with a severe pain in my side, extreme soreness in the chest, together with a very bad cough, raising a thick, yellow matter which sank in water. My feet and legs were very cold; I could not walk but a very short distance without being completely exhausted. My friends were quite alarmed at my symptoms; they thought I had the consumption, and would live but a very short time. My father died of consumption, and I began to think there was no help for me, for I could get no relief, when a friend of mine brought me a copy of your Lectures, which I read, and resolved, if possible, to see you. I called on you in November, 1847; you gave me your remedies. I had used them but a short time before I could perceive a change for the better. I have enjoyed better health most of the time since, than any time previous to my using your remedies, for some five years. Believing, sir, that you were the means of my restoration to health, I remain, with many thanks, yours, truly,

"JAMES M. EVARTS."

April, 1851, Mr. E. is well.

CASE XXX.

"Newark, N. J., Oct. 9, 1848.

"DR. S. S. FITCH:

"Dear Sir,—I am forced by feelings of gratitude to inform you of the effects of your medicines on me. My two sisters and a half sister died of consumption. The last week in March, 1848, I was taken with cough and expectoration, which continued five months, with many other bad symptoms, all warning me to expect the fate of my

departed sisters. In August last, I got your medicines and all your remedies. I used all faithfully, and now (Oct. 9th, 1848,) I am well of all cough. The salt rheum I have had is nearly entirely well, and I feel, by the mercy of a kind Providence, that with care and your remedies and advice, I may long walk the lovely path of health. With many thanks, I remain yours,

"MARY ANN BROOKS."

CASE XXXI.—*Rev. William Livesey.*

"Warren, R. I., Nov. 26th, 1845.

"S. S. FITCH, M. D.:

"Dear Sir,—Yours of the 24th was received last evening; and I hasten to answer it, in the best manner I can; regretting, however it had not come to hand some time ago. I would state here, that when I first saw you, in February last, I was judged by my friends, and several eminent physicians whom I had consulted, to be in an advanced stage of consumption. The upper lobe of both lungs had been diseased for some time; the right for nearly two years. I had a very distressing cough, and most of the symptoms attending that disease; a loss of strength, and great emaciation. After commencing the use of your medicine, and following your directions, I began to amend. My cough abated; night sweats subsided; I could sleep well; gained my strength, and in a great measure my flesh. I could preach once on the Sabbath, without feeling any inconvenience; and sometimes twice, but generally felt fatigued after. *I thought myself almost well; and think I should have been entirely so, if I had continued faithfully to use your remedies.* But I must here make a confession: as I improved in health, I grew remiss in the use of the remedies; and taking an agency, which necessarily took me away from home most of the time, I found it inconvenient sometimes, and, of course, in a great measure, left off the use of the means. I continued improving until about the last of September, when I took a very severe cold, by putting on some clothes that were damp. By a careful use of the means, I kept it from my lungs, and seemed to recover, but not fully; and being from home, with a distressing pain

in my head, distress at my stomach and chest, was induced to send to a physician for an emetic, which I unfortunately took. It was antimony, and operated but little, as an emetic, but severely as a cathartic; and, occurring in the night, I had frequent discharges of blood; and it left me very much debilitated, with an entire loss of appetite. I took two Dover's powders of the doctor, to relieve the pain in my intestines; but these threw me into a violent paroxysm of asthma, and irritated my cough. I found, if I did not leave for home shortly, I should hardly get there. Returning, I took another cold, which settled on my lungs; and what with loss of appetite, &c., I have since been running down, for three weeks. Weak, and thin of flesh, restless nights, and tearing cough, I almost despaired. Since taking a little tonic, in the form of elderberry syrup, I find myself better: my appetite improves; my cough abates; and I feel more strength, and more encouragement. I think the emetic did me serious injury, and will take some time to get over it. I have some of your medicines, which I am again using. I have a little of the Nervine, of the Expectorant, and the Pulmonary Balsam; also some brown and yellow powders I do not use, which you first gave me. I have felt so much better, for three or four days, that I begin to hope again that I may recover.

"I feel it a duty to give you the above information, to clear you and your medicines from being in any manner accountable for the failure of the cure in my case.

"I have an aversion to my name appearing before the public, in almost any form; nevertheless, I have not the least hesitation in saying that, from my acquaintance with you, as far as I have been able to form an opinion, I have the fullest confidence in your candor and integrity, as a *man*, and a gentleman; and, as to your mode of treatment and prescriptions, for pulmonary diseases, I think them superior to any other I have met with; and should feel entire confidence in submitting myself, or my friends, to your care, believing that, if within the reach of any remedies, yours would be the most efficacious in affording relief. I am, affectionately, yours, &c.,

"WILLIAM LIVESEY.

"N. B.—I should be glad to hear from, and receive any advice

you may think needful; and, could I know where a letter would find you, in a month from this time, I would write you further particulars of my state of health. W. L."

April 16, 1851.—I heard from Mr. Livesey this day. My informant saw him a short time since in good health, and discharging every useful duty connected with his profession.

CASE XXXII.—*Miss C. A. B.*

On the 27th day of Jauuary, 1847, I was called to visit a young lady residing about 70 miles from New York. Her father had retired from business in this city to a pleasant country village, for the benefit of his own health and that of his family. He was in easy circumstances and his children delicately brought up, and with all the care that affection and affluence could devise. The mother of the young lady had died of consumption, and also her two sisters. The last death occurred about one year previously, and was that of a *twin* sister. The young lady had been out of health 15 months, but much worse the last 3 months, from which time she dated her great illness. She had a chill every morning, fever through the day, and profuse sweats at night. She expectorated one pint every 24 hours. She had not been out of the house for many weeks. Flesh and strength much wasted. She experienced much pain about her chest and in her lungs. She had a very harrassing cough. Her lungs were extremely irritable, and the least change of air would produce a fit of coughing.

She had the assistance and advice of three experienced physicians; they all coincided in opinion that her's was a case of true hereditary tubercular consumption, and that under no circumstances could she live longer than two months, or until the first of next April, (now January 27th.) She had taken much medicine. On examination I found both her lungs ulcerated in the front upper lobes: under all the circumstances her case seemed almost hopeless. To her father, in her presence, and that of a considerable circle of sympathising friends, some of whom had gone up from this city to be present and hear my

opinion, I remarked, "I suppose if she gets well, you will all say she never had consumption." "No," said her father, "all the others were just as she is, and they died; if they had consumption, she has it, and there was never a doubt expressed of what their disease was." One of her physicians was her uncle, a gentleman of education, experience, and in extensive practice, 60 years of age, and one of the most agreeable, intelligent men I ever met. I was exceedingly pleased with his urbanity and intelligence. I explained to him very minutely what I considered her condition, and the plan of treatment and the medicines I proposed to use, and that I hoped she might recover. "Well," said he, "you talk very plausibly, but I have seen them all die. Her own aunt was my wife, and died of consumption. Her mother and two sisters died of consumption, and the last was a *twin* sister. I hope she may recover, but I do not believe you, or any one else, can help her."

Her father and aunt, who were with her, and herself, were intelligent, cool, and judicious. All my views and directions were fully comprehended and prepared to be carried out with the strictest care, and were so.

The interest in this case soon became intense. I have never known as many invalids in one locality, as were at that time to be found within the limit of a few miles from this lady's house—consumptives, scrofulous persons, ladies indisposed or bed-ridden by womb diseases, rheumatics, heart affections, asthmatics, dyspeptics, dropsical and neuralgic cases, &c. Nearly every house appeared to have an invalid; a great many were entirely given up as incurable, all seemed to feel as if this young lady got well, they might hope for relief also. In a few weeks she began to improve, and by the first of April, before assigned as the limits of her life, she appeared to be out of danger. July following, found her perfectly well. I have told you the lungs give us the power of action; now, although perfectly well, she could not walk over 100 feet without fainting. It required one whole year longer to produce a perfect restoration of the lungs to their full size and power, so that she was in all respects vigorous and strong. She has usually since called on me twice a year, but not for medicines, as she required none. In March, 1850, her aunt called on me, and told

me that her niece was one of the healthiest young women she ever saw in her life—not any indisposition whatever in any respect. April, 1851, she is still perfectly well. One would suppose that such a striking case and its perfect cure would have called forth the acknowledgment and admiration of her three attending physicians. The sickness and the cure could not be denied.

Two years after she was perfectly well, her aunt said to Dr. B——, her uncle, and one of her attending physicians, who met me on my first visit to her, "What do you think of our niece, do you think she ever had consumption?" "Yes," he replied, "I do." "Well, do you think Doctor Fitch's remedies cured her?" "Yes, I do, but it will not do for me to say any thing about it" !!! Medical men, is this the way to fulfil our high and holy mission, the mitigation of suffering and cure of disease, by concealing cures when they are made. It availed but little in this case. I had between fifty and sixty patients from this one, and all got well, as far as I know, except two, one a case of dropsy, and one a case of very far advanced consumption, but was carried off by summer dysentery.

"New-York, April 1, 1850.

"Dr. Fitch:

"Dear Sir,—In October, 1846, I caught a severe cold, which produced cough, with expectoration, pain in my right side and shoulders, and in about two months chills and fever, night sweats, and all the premonitory symptoms of consumption. Physicians of the highest reputation attended me, from whom I received no benefit, but was confined to the house, and rapidly growing worse, when one of your books was placed in the hands of my friends. Having had a great deal of sickness in our family, and that consumption, for my mother and two sisters died with that dreadful disease, we had tried all modes of treatment, and all kinds of quackery, until my father was discouraged, believing consumption an incurable disease; with this idea he was unwilling for me to see your book, but by some means I gained access to it, and after reading, it struck me forcibly that it was good common sense, and that your mode of treatment alone would relieve me. You were immediately sent for, which was about the first of February, and

after seeing me, you assured us that if I would persevere with your remedies, I would get well. It is now more than three years, and I am perfectly well. I continue the cold bathing, which I consider a great preventive against taking cold. At the time you were called to me, physicians assured my friends that I could not live until the first of April, and as my mother and two sisters died with consumption, the same fate seemed awaiting me. I believe if you could have treated them during their sickness, they would now have been living. I feel very grateful for your kindness and attention, and to the use of your remedies I owe my life, and wish to recommend them to all similarly affected. C. A. B."

This case is known to hundreds. Any person who wishes to know the name of this lady, and her residence, and her highly respectable and extensive family connections in this city and Brooklyn, can do so by inquiring of Mrs. Harriet Jiles, No. 224 Adams street, Brooklyn, New-York.

As a specimen of feeling and experience, alas, too general! and in corroboration of Dr. Borrow's letter, I give the following:

"Brooklyn Centre, Cuyahoga Co., Ohio, April 1, 1851.

"DR. S. S. FITCH:

"Dear Sir,—I am sorely afflicted with bronchitis, and have been for the last five years. I ought to have visited you long ago, and should have done so, had I not listened to the doctors in this country. I have cut loose from them all, after having my fine constitution ruined by taking their remedies. In God, my last and only hope is that I may receive help from your administration. I dare not take so long a journey until about the 1st of May next. Shall you probably be at your place in New-York about that time? Be so kind as to inform me soon. Truly yours, NATHANIEL CHENEY."

CASE XXXIII.

I have before spoken of the excellent and almost miraculous effects of these remedies, in cases of children, often have I seen their com-

plete restoration, when it was thought by physicians, parents, mothers, and friends, that they could not live five hours. This applies to whooping cough, lung fever, asthma, long continued colds, and consumption. All thought that the subject of the following case could not live but a short time. I would say to parents, never despair if you can get my remedies. I say to physicians, if your remedies are so well adapted and perfectly compounded as to help and agree well with children, anybody may safely use them and with benefit.

"Elizabethport, New-Jersey, April 8th, 1851

"Dr. S. S. Fitch:

"Dear Sir,—You have requested me to write you the results of your treatment of my little daughter, Catharine Ann Smith. She is now eight years and a half old, always a most delicate child, much subject to croup, and frequent periods of dangerous illness. In September, 1847, she was attacked with symptoms of croup, a sore throat, and cough. Of this she improved a little, but the cough never left her, always pressed for breath, and very feeble, gradually failing, until in November, 1850, she began to raise blood, and continued raising it for three weeks. We consulted several physicians of respectability, but all with little or no benefit, and continually grew worse, with no prospect of cure. December 2d, 1850, I consulted you with no hope of cure. Doctors said she was too far gone—past cure. You did not give me great encouragement, still you gave me inhaling tube, medicines, and shoulder braces. The medicine and bathing, and wet cloth to her chest, all have worked well, apparently a perfect cure; she has not coughed at all in nine weeks past, and her breathing is perfect, flesh, strength, and all returned; she looked better in a few weeks than she ever did; exposure even to wind or wet or cold does not give her any cold. If she takes cold she does not cough. Of course we cannot be too grateful, with many thanks for such rosy cheeks now. She could not have lived till this time if not helped. No one expected her to live for the last two springs.

"Very respectfully yours,

"Eliza Smith."

I will here answer a question often asked—how long does it take to cure a case of consumption? The time of cure varies very much, some get well in one month, others take medicines two years before they are well. You should always bathe daily, all your life. Shoulder braces, inhaling tube and supporter, should always be used, unless all traces of disease have long disappeared. Taking long full breaths many times, day and night, never should be neglected by the consumptive, or any one with a weak chest, throat or lungs, or who have ever had consumption. After using the medicines a few months, they may be left off a little, to see the effect of leaving off. If no relapse, you need take no more medicine. In general, take the medicines, one, or as many, or all, as you find beneficial. Once better, you are apt to get well by judicious perseverance. You never need fear a second attack of consumption, if you persevere in a faithful use of remedies and *preventives*. The same remarks apply to asthma, and most other diseases. Keep the medicines by you that you know to be useful, and use them when you need them. Do not suffer for want of them.

I have now presented as many and great a variety of cases of cure as the limits of this discourse will allow. I could fill many volumes with such cases and letters, but I have given enough for the fullest reference, and to convince and assure any impartial, honest, intelligent mind of the curability of consumption.

I again most solemnly and emphatically repeat—*I do not cure all cases.* Of the unsuccessful cases, some do not use the remedies judiciously and perseveringly, and continuously; others do not apply to them until all the recuperative powers of the system are destroyed; others, whilst using the remedies, continue all the causes that produced the disease, so that the remedies do not triumph over the disease, and all its originating and producing causes, acting together. Finally, there are some minds which do not seem to comprehend the scheme and reasons of the treatment, or from other causes are deterred from confidence, and although they take the remedies, use them so hesitatingly, so partially, and so unskilfully, as to fail of success. This class of patients are often greatly endangered by receiving

visits, or advice from physicians, who from interest or ignorance deny the usefulness of their remedies.

CONCLUSION.

With these cases, ladies and gentlemen, I conclude my lecture upon the proofs of the cure of pulmonary consumption. That some of you may believe, and many disbelieve, I have no doubt. Were you to ask for more cases, I could give you hundreds of others;* but I have not time to read them to you; nor have you time to read them, were more placed in your hands.

The cases are marked, important, and were not done in a corner. Should you feel any personal interest in their truth, it is the easiest thing in the world to verify or disprove the statements, by appealing to the persons themselves, or to their friends.

With these remarks, I leave the subject in your hands, hoping that if you or any of your friends are attacked with pulmonary consumption, or are predisposed to it, that you will never despair either of its prevention or cure, but apply promptly to the means I have indicated, and thus save your own lives, or those of your friends.

*I have now ninety-two volumes of manuscript notes of cases of my patients—all most minutely stated and carefully recorded, with their progress and result, and alphabetted so as to be referred to in one moment. Never do I prescribe for any patient without recording the remedy given, and the reasons for doing so, whether it is the first or the twentieth prescription I have now on my books twenty-seven thousand cases. I think the largest record of respectable private practice now existing. Other physicians see more hospital practice and the poor, but in respectable private practice, this I think, is the largest in America, recorded.

DISCOURSE FOURTH.

TO LADIES ONLY.

On the mode of forming a fine Chest, a fine erect Carriage, and Walk.—On the manner of procuring a clear and beautiful Complexion, without art.—On the causes of Lung, Liver, and Stomach Diseases, in Ladies, and on the Cause of Female Diseases, with their prevention and cure; and finally, on the best mode of obtaining perfect Symmetry of Figure, and of forming and fortifying the Female Constitution, so as to preserve Health and Beauty to the latest attainable periods of life.

LADIES:

It always gives me the greatest pleasure to address you on the important subject of health. It is a most painful fact, that, from a multiplicity of causes, some of which will be enumerated in this discourse, the length of female life is greatly abridged in this country. In fact, multitudes of ladies are cut off in the very beginning of adult life, and by a variety of agents, whose influences and injurious effects can be entirely obviated; and some of the most prominent of these, instead of being instruments of destruction, as they now are, may, by a little knowledge, be converted into instruments of the highest good. The duration of female life ought to equal that of males; but, in many sections, it would seem to be less. In the southern States, a vast many men, who attain to 45 or 50 years of age, in that time lose two, and some four wives.

The human frame is a machine, or the trunk of the body may be said to be a box, full of machinery. The operations and life of this machinery is capable of continuing a great many more years than it usually does. It ought to move always one hundred years, and may go on to one hundred and fifty or one hundred and sixty years, and probably more. To prove this to be true, I have only to present to

you cases of persons who have lived to that age. God is not unjust and partial; he has not made one to live one hundred and sixty years, whilst another cannot live more than twenty or thirty. No, we are all made alike; and if cut off prematurely, it is, probably in nearly all cases, our own fault. I believe that if any lady dies much short of one hundred years, it is the result of accident, and not incidental to old age. The machine needs only to be kept in repair, and it will continue its operations and life to a vast many years, and with age, the full enjoyments of life.

The Countess of Desmond died in England some years ago, at the age of one hundred and forty years. Her age is well authenticated by official papers. Margaret Forster died in Cumberland, England, in 1771, aged one hundred and thirty-six years. Flora Thompson died at Nashua, in North Carolina, in 1808, at the age of 150 years. A great number of persons attended her funeral.

A woman died at Knoxville, Tennessee, in the year 1835, aged one hundred and fifty-four years. She was a German woman, that came to this country, and was sold in North Carolina for her passage from Germany. It was a custom in those days for poor emigrants in this way to pay their passage, by being articled, or indentured, or hired out, for a longer or shorter period, until their passage was paid. By these papers, she was known to have been thirty-five years old when she arrived, and to have lived one hundred and nineteen years after.

Flora Forbes was living in the Highlands of Scotland, a short time ago, at the age of one hundred and twenty-five years, and I believe is still living. She witnessed the battle of Culloden in 1745, and was then twenty-seven years old.

There is a woman now living in Norfolk, Virginia, in good health, who is one hundred and twenty-two years old.

There was living, six months ago, in the city of Moscow, in Russia, a woman who was one hundred and fifty-seven years old. She had had five husbands.

A German woman died in Moyamensing, a suburb of Philadelphia, Penn., in August, 1850, at the age of 111 years.

Molly Perry, residing in Marion county, Kentucky, is now in good health, at the age of 112 years.

FLORA THOMPSON,

Died at Nashua, in North Carolina, in the year 1808, aged 150 years.

In the United States, there are many persons at present living who are over 100 years old.

These cases, and a vast many more I could adduce, show conclusively that the female frame is made to endure a vast many more years than it now lasts: that, in place of dying, as multitudes do, at twenty-five to thirty, they may live to one hundred years; that the female life, in place of thirty years, ought to be and might be one hundred years. You that are frail and delicate may see, by the ages others have attained, how much you may hope for. If you carefully pursue the means which are actually known to operate efficiently in supporting your health and constitution, you may attain to very old age.

There is another reason why ladies should preserve their health, because with health you may always preserve your beauty. Health and beauty are almost synonymous terms; you can hardly have one without the other. Good and perfect health, in many cases, confers beauty, or, at least, good looks and attractions. With very few and very rare exceptions, and those arising from accident, God has *always* traced upon your frames the most exquisite lines of beauty. He has formed you to be the most beautiful of all his works. The angels, in their most resplendent beauty, as fancy and poets and painters embody them, take your forms, and fully fill up all that the imagination can create of angelic beauty. What do you suppose is the grand stimulus to man in all his fatigues, his exposures, his dangers, his toils, and his privations,—in the field, in the workshop, in the camp, —on the stormy ocean, by night, by day, even facing the cannon's mouth? What cheers the student in his long nights of study, wasted by untiring toil? What sustains the mariner in his long and perilous nights at sea? In fine, what sustains man in all his innumerable exposures and employments, sacrificing his ease, and often his life? It is his love of you—your charms are his attraction and undying stimulus,—his love for his mother, his sisters, his wife, his daughters. There is a gulf fixed by the Creator between the male and female mind, which nothing can pass until both meet in their future angelic state. It is impossible for the female fully to comprehend the male mind, and it is impossible for the male to comprehend the female mind; both will remain distinct whilst in this state of existence. Each sex can comprehend its own mind. All men know that woman is the centre of all that is charming and lovely; no place is attractive to us that is not graced by the presence of woman; you form the ornaments of our houses, our streets, our churches, and all peaceful and pleasant assemblages. To adorn you, man traverses all the earth, bringing home diamonds and rubies, and pearls and costly gems—he seeks the plumage of the most rare birds—he devises stuffs of the softest texture, and of the richest and rarest colors. He lays all at your feet, and finds in your acceptance and your smiles, and blandishments, his happiest rewards. A smile from you soothes the face of care, and wipes the perspiration from the brow of toil. In

fine, without you, the world would become a desert, and man a brute. Man rules by strength—woman controls by her charms.

Hence, there is a high, moral duty that the female owes to her family, to her country, and the world; that is, to preserve her charms —to keep the flowers of her own loveliness from fading—to preserve to her latest days all the splendors and realities of her beauty. Carelessness on this subject has blighted all the hopes of thousands of ladies, and made a wreck of happiness in many families of the best expectations. This happens in too many cases, where the female is altogether unconscious that it is to herself that these ills are owing.

In a multitude of cases, for want of attention to the most obvious principles of health, a wife may reduce her husband to despair, and her house to want,—converting what should be a residence of pleasure, to a hospital for the sick. A daughter may, in default of a little knowledge, induce her own untimely death, and fill her father's house with never-ending sorrow.

For these reasons I address you on the subject of health, excusing myself for calling you together, with the hope that I may give such directions to your views of it, and its best mode of preservation, as will clothe you to your latest days with the highest adornings of beauty, and continue your lives to at least one hundred years in an uninterrupted holiday of glowing health.

Health and beauty I use as synonymous terms. When I use the word *health*, I might use the word *beauty*. It is impossible for a lady to have beauty without health, and next to impossibility to have health without beauty, or at least attractiveness.

To ensure a continuance of health, and with it life and beauty, it is necessary to have health every day,—not to suffer broken health a single day. Recollect, your frame is a machine, and made on the principle of mechanics. As far as it has ever yet been explored, it is found to be mechanically formed, and to act everywhere on mechanical principles. To ensure its continuance in health, and its life, it is indispensable that each part should have its own perfect bearing, and its own proper place. No wear or tear should be allowed in one more than another. You should see, and be certain, that the duty or office of each part should be properly and certainly per

formed,—that no deficiency or excess exists in the doings or functions of any organs, or part of the machinery of your frames. Let no part suffer, or act too little, or too much. As a reward, perfect and long-continued, and uninterrupted health, will result to you. By moderate practice, you will experimentally learn that all the organs of your body are your servants,—you may make them playthings, to do your bidding at your pleasure. By a little precaution, and the application of a little well-timed knowledge, you may prevent the anguish of disease, and cure it if it takes place. You may preserve your healths under nearly all circumstances of luxury, and affluence, and ease, or of exposure, privation, fatigue, or misfortune. To ensure the entire expression of health, and with it, and by it, the nearest approaches to perfect beauty, you should possess a fine figure, always at your command,—a fine carriage of your head and person, and an elegant elastic step and walk, brilliant eyes, clear complexion, the rose and the lily in just proportion, and equally blended and perfect,—teeth of a pure shining white,—luxuriant and glossy hair. Of these you can be the possessors. If already in broken health, the use of such means as actually exist, and faithfully pursued for a longer or shorter period, will usually restore you to health and beauty.

The female frame is made, as I have before told you, to last in full strength a great number of years. In order to this, every part of it should have its perfect mechanical bearing. It is composed of a great many parts, each part must occupy its natural and appropriate situation. Each bone—each muscle, must be in its proper place. All the great organs, as the lungs, the heart, the stomach, the bowels, &c., all have their appropriate and natural places. Each should occupy the space and place originally assigned to it, and prepared for it. After every organ of the body, and every part of the frame, is in its place, and perfect, the continuance of these several parts in their places depends on yourselves. The mode in which we carry the frame, the way we dispose of it, will determine very greatly whether the organs of the body, and all its parts, shall remain in their places or not. By improper positions of the frame, long continued, every organ of the body may become dislocated,—that is, displaced from its original natural position,—and by this its functions deranged, and health de

stroyed, and life prematurely cut off. Symmetry is the foundation of all health and beauty. Just as we recede from symmetry, just in that proportion do we push from us the certainty of health, and the probability of life. Recollect, there is not an organ of the whole body that may not be dislocated,—wind-pipe, lungs, heart, stomach, bowels, liver, kidneys, bladder, womb, &c.; all are capable of changing place, or shape, more or less. In fine, there are but two grand causes of all diseases. One is poison, and the other loss of symmetry. Small pox, measles, scarlet fever, &c., proceed from poison, also typhus fever, skin diseases, &c.; whilst nearly all chronic diseases proceed from loss of symmetry and poison—as consumption, in nearly all cases. Heart diseases proceed from loss of symmetry, and poison.

The first point to which I will call your attention, is the symmetry of the head and neck. The head is constructed to stand plumb and perpendicular upon the top of the bones of the neck, which are made to rest perpendicularly upon the spine of the back, (see Plate A, figures 1, 2, 3.) By these arrangements the immense weight of the head is placed upon the slender neck, and yet safely; as it is contrived that the head is supported on the perpendicular neck as its usual position. Now, should you carry the head forward, and of course bend the neck, what results? Why, that the head with its great weight is carried at a great mechanical disadvantage. It is well known to you that a post or column, standing erect and perfectly perpendicular, can support a vast weight, but let the column be thrown out of perpendicular, and a moderate weight will crush it to the earth So with the head standing on the perpendicular column of the neck. In that position it is easily carried; its weight is not perceived and gives no fatigue. But throw the head forward and bend the neck, and you will perceive the head is placed on the top of a stooping column, and is carried at a great mechanical disadvantage, just in proportion as the stooping takes place, (see Plate F, figure 1.) The human frame has the power of self-reparation and adaptation to altered circumstances in a wonderful degree, still, the effect of carrying forward the head is to produce weariness about the neck, spine of the neck, and muscles of the back, often producing pain, and tending, by its everlasting drain and wear upon the system, to shorten the dura

tion of the system and of life. It requires five times the strength to carry the head on a stooping neck bent forward, that it does to carry it on a perpendicular neck as an usual position. Hence, you may infer in continued years, what a prodigious drain this will be upon the strength of the system, and consequently upon its duration. Another mischief is produced: The spine of the neck, whilst made flexible to bend forward and sideways at will, yet never was arranged to have any of these positions permanent. It was no more intended that the neck should be bent permanently forward than to one side. A neck permanently bent to one side would be at once marked as a striking deformity; yet, as regards health, it is no more injurious than when bent forward. The wind-pipe, and gullet, and blood vessels, and muscles, are all, both in length and position, adapted to a straight neck. The effect of a crooked neck is injurious to the wind-pipe. In symmetrical arrangement, the wind-pipe is made straight and covered with stiff hoops, and so arranged that it cannot close together. Up and down this open, straight barrel, the air goes in a full, straight, unbroken column; but if the neck is bent, the wind-pipe is bent also, and, by being bent, the column of air is made crooked and partially impeded in its ingress and egress to and from the lungs. In the former case the lungs are badly filled, and in the latter case the voice is broken and impaired, more or less, so that every person who would expand his chest well knows he must have his neck and wind-pipe straight, and every public speaker or singer knows, to have his voice perfect, his wind-pipe must be straight. The neck should be carried perpendicular to the spine of the back, and the head should sit gracefully and easily upon the top of the neck; in other words, the neck and head must not bend forward habitually, if you would have an easy carriage, free breathing, or healthy throat, back, &c. The neck, as Solomon so well expresses it, should rise gracefully between the shoulders, like a "tower of ivory." In still greater contrast and greater deformity, it is to see the neck thrown forward and the shoulders kept straight, as is seen in asthmatic persons.

SHOULDERS.

The next thing to which I would call your attention, supposing the

head and neck are carried well, is the position of the shoulders. The shoulder-blades should lay flat against the back of the chest, beside the spine. The edges near the spine must not turn up at all, but lay perfectly flat against the ribs at the back. (See Plate A, fig. 3.)

The collar-bones are shoulder-braces and only occur in man. (See Plate A, fig. 2.) Their use is to keep the shoulders off the chest and prevent their approaching each other. Their general course is straight, but if greatly pressed upon by stooping, they will bend very much, and allow the shoulders to approach each other, forwards, and press upon the chest, pressing the breast-bone down upon the heart, and force the ribs upon the lungs, and make the chest much smaller. The shoulder-blades then turn up behind like wings, whilst the collar-bones are forced forwards and downwards, making the top of the chest, front and back, a mass of almost naked, angular and repulsive wreck of scraggy, ragged bones.

Everybody knows that the form of the bust, by which term I mean the upper half of the body, from the waist, is that of a triangle; most particularly noticed in the female, but the base of the triangle is a line from the point of one shoulder to the other. The smaller part of the waist is the point or apex end of the triangle. The greatest beauty of the bust depends on having the greatest possible width from one shoulder to the other, on a line with the neck and shoulders, and both flat with the back, and perpendicular behind. Many ladies, who have greatly rounded the shoulders and brought them forward and towards each other, hope to correct the fault by tying or lacing up the waist, so that it shall be very small, and thus restore the lost symmetry and beauty—that is, they make one deformity to obviate and cure the bad appearance of another. This bad and dangerous position of the shoulders has a most disastrous effect upon the chest, contracting it and making it too small, and injuring the lungs, and thus laying the foundation for thousands of consumptions, besides utterly destroying the beauty of the female form.

When the shoulders are carried back as far as symmetry requires, the weight of the arms and shoulders hangs behind the chest, and thus balances the upper part of the person backwards, instead of stooping forwards, and so always expanding the chest, instead of con

tracting it. (See Plate A, fig. 1.) By this the collar-bones lay flat to the top of the breast above the ribs, and can hardly be seen or felt at all. The continued weight of the shoulders, arms and hands falling behind instead of before the chest, drags the shoulders downwards and backwards, and lifts up the breast-bone at its base, and contributes vastly to enlarge the chest, always in all cases preventing its contraction.

A great many ladies, from debility or bad posture, contract a habit of stooping, and thus bring forward the weight of the shoulders and arms and hands across the chest, and contract it fearfully. If they cannot correct this by any other means, they should tie the shoulders together behind. This leads me to mention

SHOULDER-BRACES.

Shoulder-Braces are instruments of very old date, having been used in England and France for hundreds of years. In all parts of Europe, with the noble and educated classes, the remarks I have made on the carriage of the head and neck are fully appreciated, and have been understood for ages. Indeed, from observing these classes, all my ideas on these subjects have been fully confirmed. In many boarding schools of England, it is a part of the education of young persons, to provide that the shoulders, and carriage of the head and neck, &c., shall be perfectly erect and elegant. They know that stooping or rounded shoulders are alike destructive of elegance and health. Round and stooping shoulders are set down in England as decidedly vulgar marking ignoble descent, and denoting weakness and age. The tickets for admission to the ball-room at Almacks', in London, cost $1.25 each, or five English shillings, yet at any time five hundred dollars would be paid for one. But money cannot buy a ticket at this aristocratic place of meeting. Admission for a lady is obtained through a committee of ladies of the highest rank, the object being to introduce the aristocratic youth and beauty of the empire to each other,—to show off the finest blood in the world, and the highest breeding and physical cultivation. The least approach to deformity would be an insurmountable barrier to the admission of any one person, however exalted in rank. The Queen herself would hardly be admitted,

if she had deformed shoulders. At some boarding-schools, if young ladies have high or stooping shoulders, strong shoulder-braces are put on them, and pass down the back behind, outside the dress, with a heavy weight attached thereto, and the child is placed on a stool for some hours daily, until the shoulders are brought into the required symmetry. They are worn until the disposition to stoop is entirely overcome, and a perfect figure and carriage are fully established. Shoulder-braces are universally worn by all classes that desire fine figures, or the rewards of them. The officers of the army cultivate in themselves, and in their men, the finest figures, and perfect position of the shoulders. They all wear shoulder-braces, more or less. The soldiers also wear them until the form is perfect. From the nobility and higher classes, and from the army, a taste for a fine figure and perfect position of the shoulders is diffused throughout all classes, both as a matter of taste and as the very key to health and beauty. The effect of manual labor, is, to a greater or less degree, to throw the shoulders and arms upon the chest; and from this results one-half the fatigue of manual labor. With a vast many the habit of stooping at labor is extended to periods of walking and sitting; and, finally, at all times, save in bed, the weight of the shoulders and arms is forced upon the chest; and thus the individual always carries a pack upon his back, and exactly the same effects are produced as if a person were always to carry a burden equal in weight to the hands, arms, and shoulders, upon the back. Back-ache, pains between the shoulders, pains in the neck and spine, heat between the shoulders, are the frequent effects of bringing the shoulders forward. The occupation of many persons requires them to use one arm more than the other. This, long continued, is apt to make the shoulder of that arm weak, and to displace the shoulder-blade, causing it to grow out, and its inner edge to lift up like a wing, and in a vast many cases to change the spine to one side, and bulging out the chest, and shrinking it in, in some places, thus producing great deformity and disease. Nearly every case of crooked spine between the shoulders arises from this cause; that is, the weight of the shoulder most used drags the spine out of the straight line, or to one side. Now, to prevent all this, wear shoulder-braces. Tie

the shoulders together, and they will revolve around the chest, but cannot press on it, or crook the spine.

Perfect symmetry of the figure requires that the points of the shoulders should be carried downwards and backwards as far as possible, by which arrangement their points recede from each other as far as possible, and the shoulder-blades lie flat upon the back. (See Plate A, fig. 1, and Plate K.) To produce this position of the shoulders, it is necessary that the whole length of the spine should be perfectly supported, and therefore the small of the back is the first point to be supported. Having established my support there, I then carry the brace up the back, between and around the shoulders, by which I bring them downwards and backwards at pleasure. The foundation pieces at the small of the back and between the shoulders, should be elastic. Great care should be taken to cover the spine as little as possible, as the spine may be kept too warm and weakened by it. Some braces are made so that rubber stuff covers the whole spine. I made them in that way until fully convinced of their injurious effects. The spine must not be wholly covered with any thing that can prevent free evaporation and airing of the spine. The India rubber stuff on the whole spine will keep the spine wet with perspiration, and greatly weaken it. Such braces should never be worn. The pieces of the shoulder-braces between the shoulders should be elastic and allow full movements of the shoulders, and not confine the ball of the shoulder or arm, so that a free movement is permitted, and, on resting, the shoulders will at once be brought back by the elasticity of the stuffs to their places. The piece on the loins should be elastic, so as to allow free motion of the whole person, if desired. A great many persons, especially those with light chests, and whose shoulders are very flexible, and move easily, cannot do much with their *arms* or *hands*, cannot sweep a carpet, nor do any manual labor, nor work, nor write, nor stoop long, &c., without having pain in the chest, or in the side, one or both. These pains often extend to both arms, to the ends of the fingers, and pain is felt down the whole spine, and great weariness at the top of the chest and between the shoulders, and heat about the shoulders, pains under the shoulder-blades, &c. Such persons will find the shoulder-braces, if adjusted

and made as I have described, a vast benefit, and in most cases a perfect cure. The use of perfectly adjusted shoulder-braces will enable them to do ten times the work they could perform without them. Every female employed in any manufactories, especially if she has in the least a constrained position, should wear shoulder-braces. Girls at school, and young ladies, as long as at school, should wear shoulder-braces. In fine, every lady, whose shoulders are not always perfectly in symmetry, should wear shoulder-braces. If the least consumptive, or consumptively disposed, she should wear shoulder-braces; they greatly assist in expanding the chest, prevent curvature of the spine, and assist much in curing it, and preventing its progress after it has commenced. They give symmetry to the back and shoulders, do much to prevent stooping, and almost double the strength of the shoulders, giving the wearer the ability to do twice as much with her arms and shoulders as she otherwise could. They perfectly prevent the straining of the shoulders or back, or chest. I never attempt to cure consumption without the use of shoulder-braces. Shoulder-braces should be sufficiently strong, and as light and elegant as possible.

CHEST.

Supposing the neck and shoulders to be all in symmetry, as before directed and described, our next step, in the formation of perfect symmetry, is to develope a large, round, erect, and perfect chest (see Plate A, figure 1.) A perfect and noble chest is the grand basis of all good health. The lungs, to ensure good health in them, and everywhere, must be large, and perfectly expanded in every part. Every air-cell must be fully stretched open, if possible, at every breath, and, at any rate, daily. The lungs cannot be perfectly expanded, when the chest is in any way contracted around them. In a perfect chest, the spine, from the root of the neck to the bottom of the waist, is placed stooping backwards; rising from the bottom of the waist to the root of the neck, it inclines a little backwards of a perpendicular line, and does not, in a perfect chest, crook at all forwards. The chest, I have told you, is a basket of bones, open at the bottom (see Plate B.) It is of the utmost importance, in forming a fine chest, that the

bottom of the chest should be as open and wide as possible, and that the breast-bone, at the bottom, should be lifted outwards, as much as possible, and not depressed inwards, or crowded towards the back-bone at all. To form a fine and perfect chest, after the shoulders are fully in their places, all that is required is to breathe properly, and carry the person well. Much has been said and written upon diet, eating and drinking; but I do not recollect ever noticing a remark in any writer upon breathing, or the manner of breathing. Multitudes, and especially ladies in easy circumstances, contract a vicious and destructive mode of breathing. They suppress their breathing, and contract the habit of short, quick breathing, not carrying the breath half-way down the chest, and scarcely expanding the lower portions of the chest at all. Lacing the bottom of the chest also greatly increases this evil, and confirms a bad habit of breathing. Children that move about a great deal in the open air, and are in no way laced, breathe deep and full to the bottom of the chest, and every part of it; so also with most out-door laborers, and persons who take a great deal of exercise in the open air, because, as I said before, the lungs give us the power of action; and the more exercise we take, especially out of doors, or hard labor in the open air, the larger the lungs become, and the less liable to disease. But those in easy circumstances, or who pursue sedentary employments within doors, generally use their lungs but very little,—breathe very little air into the chest, and thus, independently of bad positions, contract a wretchedly narrow, small chest, and lay the foundation for the loss of all health and beauty. All this can be perfectly obviated by a little attention to the manner of breathing. Recollect, the lungs are like a bladder in their structure, and can be stretched open to double their ordinary size with perfect safety, giving a noble chest, and perfect immunity from consumption. The agent, and all the agent required to expand the chest, is the common air we breathe; supposing, however, that no obstacles exist external to the chest, such as lacing, or tying it around, with stays or tight dresses, or having the shoulders lay upon it, as I have before described. On rising from bed in the morning, place yourself in an erect posture, your chest thrown back, and shoulders entirely off the chest; now inhale or suck in all the air you can,

so as to fill the chest to the very bottom of it, so that no more air can be got in; now hold your breath, and throw your arms and shoulders behind you, as if you would throw them off behind, holding in your breath as long as you can; again fill your chest, and walk about, holding in your breath as long as possible. Repeat these long breaths as many times as you please; done in a cold room is much better, because the air is heavier and denser, and will act much more powerfully in expanding the chest. Always, when stretching open the chest with air, throw the head back, so as to lift up the breast-bone, and bend the whole bust backwards from the waist. You may, in this manner, expand the chest a thousand times a day, if you please. On going out-doors into cold air, inhale or suck in all the air you can, and hold it in as long as possible; stand or sit perfectly erect, whilst walking or riding in the street, along the roads, in the fields, or gardens. Practise this mode of expanding the chest. Do not stoop forward at all, but suck in all the air you can, throwing the head and neck backwards, and hold in the air as long as possible. By this exercise, you will often at once check a cough, or disposition to cough. The chest may also be fully expanded whilst lying in bed. By exercising the chest in this manner, it will soon become very flexible and expansible, and will enlarge its capacity and the size of the lungs, so as, in a few weeks or months, to hold double its usual quantity of air, whilst, externally, it will measure from one to six inches larger in its circumference. Should you not have full strength to enlarge the chest in this way, then use an inhaling tube, such as I have delineated in Plate G. The inhaling tube will greatly assist you in expanding the chest, if you are weak or not. The chest should be treated in this way during your whole lives. Should you become invalids, from any cause, keep your chests expanded by long breaths and the inhaling tube, and continue to breathe a little cold fresh air daily, by having it drawn from out of doors, by leather or tin pipes, or in any other manner you please.

BAD CONSEQUENCES FROM USING THE INHALING TUBE, AND EXPANDING THE CHEST.

Some timid patients and advisers may suggest the idea of injury

from this exercise, but you need give yourself no uneasiness whatever on the subject. You cannot injure yourselves. Only commence gradually until the lungs, air-pipes, and air-cells are well open and expanded, and, ever after, you need fear no bad consequences from expanding your chests with all the air and strength in your power. The effect of these means will be to make the chest flat behind, and in front, as full and round, and lifted up, as the breast of the swan. All the ravishing attractions of the chest, and an exquisitely lovely bust will soon be fully yours the collar-bones will soon entirely disappear, the chest will become round, and wide at the top; the front of the chest will rise up and be developed in its greatest fulness. No art or padding will be required to perfect the figure, but free, matchless, and unrivalled beauty will adorn your chest, and at once give a noble grace and dignity to your persons, and the exceeding gratification of a perfectly healthy chest and lungs. Your gratification will hardly be alloyed by one cough, or a twinge of pain, or unpleasant feeling in the chest, for a long life.

POSITION OF THE CHEST.

Whilst forming a fine chest, and after it is formed, great care is requisite to establish perfectly correct positions, so that the chest shall not be contracted, and all your efforts counteracted by bad positions. If your positions are habitually bad, in spite of all you can otherwise do, the chest will be more or less contracted, (see Plate K.) The rule with you should be, and the rule of health is, to keep the bottom of the chest, the ends of the short ribs, and the lower end of the breast-bone, as far out from the back-bone as possible. To effect this, the chest must be kept perfectly straight, and thrown a little backwards from the waist, at all times. (See Plate A, figure 1.)

HABITUAL STOOPING SHOULD BE AVOIDED.

The small of the back is made flexible, but the hip joints are the points from which to stoop either backward or forward. These joints are ball-and-socket joints, like a swivel in some degree. The trunk of the body may bend forward as much as you please, for all useful purposes, and the chest, and whole spine, and neck, be kept perfectly

PLATE K.

straight. Hence, no lady should ever make a table of her lap, either for sewing, reading, or writing, or any occupation whatever (as you see in plate K). Let all these, and all work you do, be arranged on a table before you, and that table be raised to the arm-pits, or as high as possible, so as to keep the chest straight. A little practice will make this infinitely more agreeable than to stoop, while little or no fatigue will be experienced at your occupations, compared to what is experienced while stooping, or from habitually stooping. The weight of the shoulders will thus be kept off the chest, which is one of the grand causes of fatigue from manual labor. You will thus entirely prevent the mark of servitude being impressed upon your persons, in a pair of round stooping shoulders, and flat contracted chest.

SITTING POSITION.

Nearly all the American people sit badly. Whilst sitting, and the person in repose, the chest should be kept up, the shoulders thrown back, and the person straight. This position, by habit, will be found to give the greater relief from fatigue, and be far more agreeable than to stoop while sitting. Most persons in this country, on placing themselves in a chair, bring the shoulders forward on the chest, and

bend the whole spine, from the head to its lower end, forward, approaching, more or less, the figure of a hoop. (See Plate K.) The effect of this is to produce a truly vulgar figure, round shoulders, crooked person; even the bones of the lower end of the trunk of the body, by this wretched position, if long practised, lose their symmetry, and are bent forward, and contract the basket of the hips, or, as anatomists term it, the pelvis. I have no doubt that a great many ladies have lost their lives by thus contracting the basket of the hips, and bending inwards the lower end of the spine, so that no space or little is left for the greatest office the female can ever accomplish. No person will sit badly, unless from extreme indolence, or ignorance of its most injurious effects.

Let me say to you, ladies, who have daughters or young girls under your care—follow them to school, and at any cost or sacrifice, insist upon it that the seats for your little girls shall be easy, and that they shall sit at a table to study, write, &c.; and this table be so high as to make it impossible for them to stoop at all. If the table is made as high as the arm-pits, and the child sits near to it, the chest will not be contracted, but will be expanded by studying or writing at such a table. For writing, one inch below the arm-pits will be found fully as low as is necessary, and habit and practice will very soon cause the child greatly to prefer a high to a low desk. The child should not sit sideways, but perfectly fronting her desk or table. The caution to have girls sit square in front of the table is very important, for if they sit sideways to the table, the effect usually is, or in a great many cases, to lift up one shoulder higher than the other, and to bend the spine either between the shoulders, or in the small of the back. I have observed this effect in a multitude of cases, from five years old to thirty years. Bad position is the parent of nearly all deformities of the trunk of the body, either of the spine, the shoulders, the hips, or the ribs.

In all occupations that require you to stand, keep the person straight. If at table, let it be high, raised up nearly to the arm-pits, so as not to require you to stoop; you will find the employment much easier,—not one-half the fatigue; whilst the form of the chest, and the symmetry of the figure, will remain perfect. You have no-

tic. | that a vast many tall ladies stoop, whilst a great many short ones are erect. This arises, I think, from the tables at which we sit or work or occupy ourselves, or study, being of a medium height, far too low for the tall person, and about right for the short person. This should be carefully regarded and corrected, so that each lady may occupy herself at a table suited to her, and thus prevent the possibility or necessity of stooping.

POSITION OF THE CHEST IN WALKING.

I have already occupied you a long time upon the position of the chest, and will still occupy you with a few words upon the position of the chest in walking. An elegant carriage of the person in walking is indispensable to health and beauty, and to that graceful elegance of figure, of which the person is fully capable. It was the fashion forty years ago for the ladies to walk with great grace, and perfectly erect, without any stoop. A few years ago some of our tourists and ladies took part in it, having seen the Venus of Medicis at Florence, in Italy; her position being stooping, conceived the fine idea that a stooping position in walking or standing was the very acme—the highest point of elegance and grace. This stoop was called the Grecian bend. The statue of the Venus of Medicis at Florence, in Italy, which I have often seen, and admired, is that of a lady entirely naked; just having left the bath, her person gracefully inclining, or stooping forward, she extends her hand for her robe. This position —the acme of grace in a lady uncovered—was never intended to represent for one instant a lady dressed. To prove this, you have only to look at the forms of the females as they are carved and painted in the processions of the Greek and Roman ladies—funeral, religious, and triumphal processions, &c. At Saratoga Springs, two or three years ago, I had an opportunity of noticing this most wretched posture in walking. In the large parlor of a large and fashionable hotel, were a number of ladies and gentlemen. The ladies generally assumed the Grecian bend, the shoulders and chest thrown forward, stooping from the small of the back,—a position at once indicating weakness and deformity. In striking contrast to this were the figures, the carriage, the step, of two young ladies, daughters of an English

gentleman, but an American mother, and born and educated in Connecticut. Their chests were fully developed, and their persons perfectly erect and straight. They attracted the notice of all. They must have been greatly obliged to the other ladies for so strikingly setting off their figures and carriage, by the miserable positions they had assumed, unless, what was most probable, the artless and unsophisticated minds of the young ladies forebore drawing comparisons unfavorable to their companions, and favorable to themselves.

I hardly need say that the same rules apply to standing and walking, as in sitting, to keep the person straight, the shoulders completely off the chest, the chest thrown out, head and neck perpendicular to the spine, but easy in its motion, and flexible, the weight of the arms and shoulders entirely falling behind the chest. The step elastic and buoyant, and not mincing or affected or stiff. If the least stoop is permitted, let it be from the hip-joints, and not from the waist or shoulders.

POSITION OF THE CHEST IN BED.

I have no doubt that all beds should be rather hard, such as can be made from a hair mattress, husks or shucks of corn, straw finely cut up, cotton, &c. I think these far better than down or feathers; being better ventilated, they do not so much confine the heat of the body, and better promote the circulation of the blood, and do not effeminate as feathers and down invariably do. The position of the chest and person should be flat, laying on the back as much as possible; indeed, this should be the habitual position in bed, the head very low, or level with the body, so that the spine is kept straight. This position, if early adopted, will be found, as a general rule, far more salutary than to bolster up much under the head and shoulders, especially on a soft bed. The practice of sleeping on a soft bed, with the head and shoulders high, will, in itself, make you crooked, and greatly contract the base of the chest. You should notice the position of your daughters in bed. They should never sleep always on one side, as this throws the lungs, heart, liver, stomach and bowels, out of symmetry, and often causes disease.

STANDING ON ONE FOOT.

Nothing is more common than to see ladies who rarely stand erect on both feet, but rest first on one foot and then on the other. This, besides being most ungraceful, is often productive of deformity. I was lately consulted by a lady on behalf of her daughter, who had one hip much larger than the other, so as to be a great deformity, and caused entirely by standing very much on one foot. The hip of the same side of the foot on which she most rests, is soon thrown out, and the other hip drawn in. This, in a longer or shorter time, becomes permanent, and produces an irreparable deformity of the hip, and often curvature of the spine, and derangement of symmetry throughout nearly the whole person.

TIGHT LACING.

A great deal has been said and written against the habit of tight lacing, or confining the waist, so as to make it very small. You will notice, by recalling what I have said, how pernicious and destructive lacing the chest must be to the lungs, the heart, the liver, and large bowels. It produces a broken constitution, and almost certain death to any or all who practise it. It is utterly subversive of symmetry, and is, in every point of view, decidedly vulgar. No person is now known to practise it, save the ignorant and the *would-be* fine and genteel. It must not be practised if you would have health, elegance, or symmetry of person. But, as I have told you in speaking of the shoulders, widen them, and make the top of the chest wide, and the symmetry of the waist will be perfect without contracting its dimensions by lacing. It is murder in a parent to lace tightly the waist of a female child.

Allow me, ladies, to exhort you to study symmetry of person, as a great science, and achieve it in each one of you, at any sacrifice of temporary ease, indulgence, or long-formed habit. Without perfect symmetry, you cannot have perfect beauty and elegance, and rarely health and long life.

TO PROCURE A CLEAR AND BEAUTIFUL COMPLEXION.

Supposing the symmetry of the head, neck, shoulders, spine, chest, waist, and all your person, to be perfect and unexceptionable, it is necessary to perfect beauty, and a consequence of perfect health, that you have a clear, beautiful complexion,—that the lily and the rose God has painted upon you should be developed in their full perfection, and preserved untarnished and undiminished. To enable you to understand the art of doing this, I must give you some account of our food, and those processes of Nature by which parts of it become nourishing to us, and other parts of it useless, and are rejected from the system.

THE TEETH.

The first of that series of processes by which the food is made to nourish and replenish the waste of the human machine, after the cook, or Nature, has prepared it, is to masticate it, to chew it well. This cannot be done without good teeth, which leads me to speak of the teeth in connection with health and beauty. Beauty of the face depends on regular symmetrical features, and three brilliants,—brilliant eyes, brilliant complexion, brilliant teeth. Each of these brilliants are reflections of the health, the taste, and the neatness of their possessors. No lady can be beautiful, or long healthy, with bad teeth. The food, in order to a healthy digestion, should be rather slowly eaten, and well chewed; but if the teeth are decidedly defective, or decayed, or both, mastication becomes imperfect and painful, and dyspepsia follows,—more or less as a natural consequence. As a point of beauty, the mouth is a very striking feature. The teeth, in perfection, and beautiful and appropriate in their forms, and all in place, present two perfect rows, one on each jaw, of a brilliant and exquisite pearly lustre. They become, when the countenance is animated in conversation, or enlivened by smiles, a constant source of delight to the beholder. But should the teeth be discolored, irregular, defective, or deficient, they become at once a source of aversion and great disgust to the observer. With beautiful and perfect teeth, the smile of a lady is irresistible; should it be otherwise, her laugh is a grotesque caricature, exciting pity and aversion. You cannot possess attraction

with tarnished and bad teeth. Such teeth destroy the purity of the breath, and shorten life.

I am proud to say, no country can boast better or more intelligent dentists than our own. In all our larger towns, and most of our smaller ones, good dentists are to be found. The care of your teeth, and those of your children, should engage your constant attention, aided by the advice and assistance of the best dentists. If the teeth are defective, they should be repaired; if not capable of repair, their places should be supplied by artificial ones. Irregularity should be seasonably corrected. A good dentifrice should be used; at any rate, each day, a brush and pure cold water should be freely applied to them. Acids tarnish their lustre, and should be carefully avoided. With beautiful, regular, perfect, and clean teeth, the countenance of no lady can be repulsive. In repose, should her features not be strikingly prepossessing, let her smile, and at once she receives attention and admiration.

DIGESTION.

The food that is more or less solid we chew, and then swallow it. It passes through a kind of fleshy hose, or flexible pipe, which goes down the neck behind the wind-pipe, and is called the gullet. (See Plate E, fig. 2.) It passes behind the wind-pipe, and behind the heart, through the chest, into the abdomen, and terminates in a bag, which holds from one pint to two quarts. (See Plates N and O.) This bag is the stomach. The food and drink remain in a healthy stomach from three minutes to four hours. During this period, by the action of the stomach and its juices, the food is softened to a consistency like cream, when it passes out of the stomach into the bowels. After it has entered the bowels a few inches, it is joined by the bile, which is a bitter soap, that unites with the food, assisting to complete its digestion, and facilitating its passage through the bowels. The fluid and digested food now pass rapidly along the small bowels. (See Plate C.) These small bowels are about 25 feet long,—that is, almost twelve times as long as the usual length of the trunk of the body. Whilst the food is in these bowels, it is rapidly drained of all those parts of it that are fit for nourishment, or can enter the blood,

PLATE N.

the coarse portions remain, and are hurried along to the termination of the small bowels. These bowels end at the right groin, in the large bowel. This large bowel (see Plate C) commences in the right groin, and advances upward to the right waist, under the lower edge of the liver; it then turns from the right to the left, under or against the lower edge of the stomach, across the body, from the right to the left waist, when it turns downwards, along the left groin. At the bottom of the groin it passes to the right, as far as the back-bone, to which it is tied. It now becomes straight, and keeping along the back-bone, it passes directly downwards out of the body, forming the back passage through the basket of the hips. The large bowel is almost five feet long, so that the food, from its first entrance into the mouth, to its final exit from the body, passes nearly 32 feet along a continuous canal, or pipe. The large bowel, as a common rule, and the stomach, in its general effect, in fulfilment of their functions, exert a most important influence upon the complexion, and upon the general health. This makes it necessary for me to say a few words upon each of these; and, first, upon

THE STOMACH—(see Plate N.)

It is the important office of the stomach to digest the food, and prepare it to enter the blood, and give nourishment to the body, and furnish materials to repair the daily waste of the system. With the healthy action of the stomach, the health of every person is intimately

connected. Without good digestion, it is impossible to have health in perfection. The health is usually injured in proportion as digestion is imperfect, until, if digestion ceases for a short time, death ensues. I have before told you, that in good digestion, and a healthy condition of the stomach, the food, according to its character, its quantity, and condition, is digested in from three minutes to four hours. Should the stomach be diseased, or weak, and unable to perform its natural duties, the food may remain in it three months. I have known two perfectly authenticated cases, where some portions of the food remained in the stomach, in one case twelve weeks, and in the other forty-six days; and was in both cases vomited up, but little changed. This disturbed state of the stomach, by which it digests food imperfectly, is painfully known to thousands under the name of

DYSPEPSIA.

This is known to exist in some persons by a sensation of weight in the stomach after eating; in others, by a sour stomach; in others, heart-burn: in others, by great distress in the stomach, after eating, taking place in a few minutes, or in one or two hours; in others, by a great deal of wind in the stomach; in others, by severe head-aches; in others, by a chronic diarrhœa, the food coming away unchanged; in others, the effects are chiefly evinced by pains in different parts of the body, more often in the left side, or from the breast-bone, through to the back-bone, &c. In others, dyspepsia is manifested by great palpitation of the heart. In a vast many cases, true heart diseases begin with dyspepsia; and in many others, what seems, by the great palpitation and stoppage of the heart, and irregular breathing, to be a genuine disease of the heart itself, is not so, but is caused by indigestion. Some or all of the foregoing symptoms, and many more, such as cough, mentioned in another place, are found to exist in dyspepsia. I might mention sleeplessness, nervousness, beating of the heart on laying down in bed at night, often arise from indigestion. The effect of continued indigestion is, to reduce the strength, to take all color from the face, and, in many cases, to cause the face to become the color of a tallow candle. At other times, it causes great rushing of the blood to the head and face. It is the fruitful parent of skin dis-

cases, or is intimately connected with them. If a good deal of bile comes into the stomach, it is apt to cause the skin of the neck, the forehead, &c., to become very thick and gross, and to break out in red pimples, greatly disfiguring the face, and utterly destroying the beauty of the complexion. I have only time to indicate to you a few of the articles of food that incline to dyspepsia, without having time to name many other causes of this disease. To have good digestion, the food should be eaten slowly, and well and perfectly chewed, or masticated. If the teeth of any one are bad, the food should be prepared, in cooking, so as to require but little chewing, or mastication. Good digestion depends very much on our choice of food. It is utterly impossible to lay down rules of diet that do not find a great many exceptions in their application. We have several times had something like a fanaticism start up on the subject of diet. In these cases, it will be found that one man attempts to apply his individual experience to all mankind. Should his experience happen to be contrary to universal experience, he will be greatly disappointed in its good effects. For example, one has told us never to eat meat. On attempting to apply the rule of not eating meat to the general masses of men, it is found to fail, or, when attempted to be adopted, has produced the most disastrous results. It is most true, that what agrees with one, may not agree with another. One can live on very light food; one requires very hearty food; one can be abstemious, others are destroyed by it; one can eat meat, one can leave it off. In all this, you must be directed by your own experience. In general, you should practise a wholesome carelessness about your food, eating a little of anything you please, unless you know it injures you. Eat enough, but never indulge in excesses. I will mention one or two articles often used, that most generally have a bad effect upon the complexion, and are most usually injurious, especially if used before thirty years of age, or even at any period of life. Good fresh butter, not at all rancid, and eaten without being melted, is, in a vast many cases, and most usually, a very good article in the composition of our diet. A little pure sweet oil may be allowed. But all the grease that is procured from lard, rancid butter, or animal oils, or gravies, is most injurious to the complexion.

I will inform you how it acts. Oils or fats, on being thrown into the stomach, cannot be digested by the juices of the stomach, as these incline to be acid, and will not digest them well. In order to do this, it is necessary to call bile into the stomach, which is a kind of soap; and grease, fats, &c., will not digest in the stomach, until bile joins and reduces them to a kind of soap, so that much greasy food for ladies will be found to make them bilious, and produce more or less of dyspepsia, in one or other of its forms. Now, we find that grease or rancid butter, or at least melted butter, enters very largely into the composition of pie-crust, and all forms of pastry, and into some kinds of cake, &c. These injuriously affect the stomach. This is the case with fat food, that is highly seasoned, as pork, sausages, &c. So that a lady who would have a fine complexion, and good digestion, must avoid fat meats, rich fat gravies, highly seasoned fat hashed meats, pastry, and every species of diet where fat enters largely into the preparation. Again, new bread, and all hot bread, will be found hard to digest, and, as a general rule, should be avoided. Coffee is very generally used, and by some persons who attain to considerable age, and speak of it in raptures; yet, from the experience of many thousand dyspeptics, who have consulted me, I find no article of diet more generally injurious to the dyspeptic, than coffee. Its effects are almost universally, if much drank, to produce dyspepsia, acidity, nervousness, palpitation of the heart, head-aches, dizziness, costiveness, covering the face with pimples, and making the skin of the face thick, yellow, coarse, and repulsive, destroying both rose and lily. Its earliest effect is to destroy the complexion, produce sallowness, and great biliousness, when no injury whatever is suspected. It inclines to produce in those predisposed to them, bleeding lungs, and to develope scrofula and skin diseases. Children should never taste it, except at long intervals, say once a year, or month. Black tea in moderation, milk, and also water, or milk and water, are good articles for drink. Late suppers should be avoided. Our food should never be taken much, if any, warmer than new milk. Animals in their native state usually enjoy perfect health their whole lives, yet never take their food any warmer than new milk.

In general, a lady, who would have perfect health, and a brilliant

complexion, should eat as much food as she pleases, inclining to eat enough, and to select, indiscriminately, as her taste, or appetite, or convenience, or opportunity allows, fish, flesh, or fowl, fruit, vegetables, bread, &c. Allowing her food to be well cooked, and, above all, let it be of a perfect quality, not rancid or tough.

Table salt, on fresh provisions, she may eat as much of as she pleases. Salt is an indispensable article of diet, and perhaps never does harm.

Recollect, we should eat for nourishment, not gluttony. Variety in our food is desirable, but this variety should not depend on the art of the cook or confectioner, but on the diversified variety we select from the markets. Meats long salted should not be much indulged in. Acids, spices, pickles, &c., should be sparingly used.

Watch your own experience, and what you find best agrees, use it, but let the variety from which you may choose be as large as possible. Never run after vagaries in diet. Never weigh your food, or think to build up a constitution on one kind of food or diet. What you may find by experience disagrees with you, leave off. Do not dig your graves with your teeth. Yet do not be finical in your diet, eating moderately at times of any food, should it even be a little proscribed.

THE LIVER.—Plate Q.

Many persons impute most diseases to the liver. A genuine liver disease is rare. When it does take place, it requires the aid of the

physician. Observe the rules of health laid down in this lecture, and you will rarely have any liver complaint or any derangement of any of its important functions.

GALL-STONES IN THE GALL BLADDER.

This disease is often seen, and is productive of great mischief. It often produces sudden attacks of dreadful pain at the pit of the stomach, inclining to the right side, and great tenderness is felt there on pressure; at other times, a cruel pain is felt in the back, opposite the pit of the stomach, extending up and down the back in greater or less intensity and duration. In some cases it occasions distressing sick head-aches, and these periodically for a long life; in other cases, and accompanying any or all of these, the sufferer vomits very freely a sour, bilious water, often clear bile. Appetite impaired, and very dyspeptic, rejecting many kinds of food; bowels costive, stools clay-colored, face more or less yellow, and at times the color of an orange, &c.; kidneys do not act well, scarcity and scalding of water. Dropsy may result from this, and life is often only a long struggle against disease. I have known the gall-ducts finally to become entirely obliterated, and producing death. In some cases the gall-bladder is enormously distended, and if not relieved, will burst, as I have seen,—of course, suddenly fatal. The cure for this in its early stages, and in nearly all cases, is to drink at the moment of getting into bed one table-spoonful to one gill of pure sweet oil (table oil.) It may be necessary to continue this for some weeks, until a gallon of oil is used; but in many cases a much less quantity will effect a cure. It is a perfectly safe remedy, and if the oil is pure, is not apt to disagree. If the oil does not move the bowels, next day, you may take a little senna tea, or if feverish and robust, senna and salts, or castor oil. By this treatment I have known a pint of gall-stones brought away in a few days, and good health return. The oil must be pure. Much table oil sold as pure olive oil is adulterated with lard oil, and then is almost useless for dissolving gall-stones, and very much disagrees with the invalid. These same symptoms may occur without any gall-stones being in the gall-bladder, and then the oil will do little or no good, yet it scarcely produces any bad effects.

BAD BREATH.

The breath of some dyspeptics is extremely offensive, owing to undigested food remaining a long time in the stomach and bowels.

HOW LONG THE FOOD CONTINUES IN THE BODY.

The human machine consumes, or, in other words, we eat and drink from five to twelve pounds every day—in extreme cases much less, or vastly more, but this is about its medium range. Now, *all* this leaves the body after it has accomplished its destined object. How do I know it all leaves the body? I know from the very common fact, that many persons weigh more at twenty than they do at seventy—in fifty years not having gained one ounce. Some persons flesh up a little, but it does not alter the general rule, for should even a very small portion of our daily food be retained, or stick to our bodies, we should become monsters in size during a long life. Now, all this food and drink, with all its grossness, leaves the machine, or person, through five avenues only, namely, the skin, the lungs, the kidneys, the bowels, and the womb; and on the mutual harmony, in action and functions, of those five great avenues for evacuation and unloading the machine, its health and long continuance must inevitably depend.

The gross portions of the food, or that which is unfit for nourishment, or is undigested, passes through the small bowels and is lodged in the large bowel. In a healthy condition of the large bowel, and when it acts naturally, it evacuates itself every twenty-four hours. If the contents of that bowel are retained longer than twenty-four hours, it becomes injurious to the machine, or system, and the injury is in proportion to the time it is retained over its natural term.

COSTIVENESS.

When this bowel is sluggish in its functions, the fluids that should pass by the bowels are thrown upon the skin, the kidneys, and the lungs, loading each of these organs, and deranging their offices. One of the very earliest effects is to render the skin of the face gross, thick, sallow, and unhealthy. Its brilliancy is lost. The blood rushes more or less to the head, the eye becomes dim, and soon loses its clearness and brilliancy. The skin everywhere ceases to be transpa-

rent; an unpleasant odour is exhaled from the body the breath becomes offensive; the liver enlarges, and is loaded with blood and bile; the right side of the heart is often enlarged by it; dyspepsia results, and bleeding at the lungs. I rarely ever knew a case of bleeding at the lungs that was not accompanied by costiveness. Piles, bearing down pains, monthly irregularity, disease of the womb, enlargement of the ovaries, falling of the womb, dropsy, apoplexy, palsy, spine diseases, gravel, and disease of the kidneys, head-ache, and sick head-ache, flatulence, and colic, are often produced by costiveness, and always aggravated by it.

In the winter of 1842, I was requested to visit an old gentleman who was dying of an obscure disease, and to determine, if possible, what was the matter. A wealthy farmer took me to call on this patient. We stopped at his house to change horses, and he requested me to see his sister-in-law, who was sick. I found she had a bad enlargement of the right side of the heart. On asking the state of her bowels, I found they moved but once a week. On going into the farmer's house, I found his wife sitting in an arm-chair, unable to walk. She had lost entirely the use of her lower extremities, from the small of her back down, caused entirely by costiveness. Here were two sisters; one with a heart disease, the other palsy, caused by costiveness only. The large bowel, when its instincts are followed, never fails to solicit an evacuation daily. When neglected, the next day the call will be less urgent, and in a few weeks habitual costiveness will be established. The calls of Nature become less and less in some cases, until the bowel will not act at all. In the early part of March, 1844, I was consulted by a member of the Massachusetts legislature, on behalf of his sister, who had passed nine entire months without an evacuation from the bowels, the bowels having ceased to act altogether. I was consulted in Boston, last July, by a gentleman, proprietor of a large hotel, for his niece, a young lady, who had not had an evacuation from the bowels for four and a half months. Blost ng is a frequent companion of costiveness.

CURE OF COSTIVENESS.

The perfect preventive, and the almost infallible remedy for cos

tiveness, is habit. Never allow a day to pass without a free evacuation. Observe one particular exact time for it, and at that exact period solicit the evacuation. A few days' or weeks' patient solicitation will usually restore Nature to its full health in this respect. Should this not fully answer, eating soft food, or coarse bread, such as bread made of corn meal, or of wheat meal, unbolted. These are excellent to remove costiveness. Chewing a little good Turkey rhubarb daily, will often remove all sluggishness of the bowels, and, assisted by habit, will entirely cure costiveness. Rhubarb has the rare property of a tonic to the bowels, and will not lose its effects upon the bowels, or do them any injury. I have known a lady, who had taken rhubarb, more or less, for forty years. It is a safe and most valuable remedy for costiveness, if assisted by habit. Neither health, beauty, or purity of system, can be long preserved, if costiveness exists. It should be relieved at all hazards.

KIDNEY EVACUATIONS.

The next great evacuation from the system is from the kidneys The bladder is a reservoir, into which is received the water, which with a variety of salts and earths, are separated from the blood by the kidneys. The water is conveyed from the kidneys by a pipe from each kidney, that conveys it to the bladder. (See Plate S.) In a natural and healthy state, the proper time when the bladder should be emptied is indicated. Should the water be habitually retained longer than is proper, the effect, as in the bowels, is to lessen the action of the bladder and kidneys, and less water is taken off from the blood. In this way gravel and other diseases of the kidneys often take place. It is well known that the highest and lowest people in England rarely have any kidney disease or stone in the bladder, whilst the intermediate classes, who, from modesty, will often retain the water for hours beyond its natural period, have more of stone and gravel in the bladder and kidneys. If this is habitual, much less water will be secreted from the blood; bad odour of person arises, loss of flesh, and a peculiar sharpness of the lines of the face, sallowness, &c. All these complaints are usually prevented by never repressing the calls of Nature in this respect.

PERIODICAL NATURE.

Allow me to say a few words on the great and peculiar function of Nature, which indicates maturity of the woman, beginning at different ages in different persons, dependent on climate and education somewhat. In this climate, it commences at about thirteen, fourteen, fifteen, sixteen, and seventeen years, without injury to the female health. Fourteen and fifteen are the most usual periods, when it naturally recurs almost with the regularity of clock-work, continuing from thirty to thirty-eight years, and ending usually between forty-four and fifty-two years. By this great provision of Nature, the female is reminded each month that she may become a mother. At its commencement in young ladies, it is at times irregular, taking place perhaps two or three times in the same number of years. This is usually owing to effeminacy, to poor health, a low state of strength and delicacy, arising from attacks of sickness, from confinement in-doors, too much at school, and general debility. This is soon cured by change of air, out-door exercise, sea-bathing, and strengthening medicines.

After the regular nature is fully established, any derangement of it is a just cause of alarm, and should warn us to seek relief from medical aid, which is generally successful in the cure. The effect of disturbed nature, irregularity or stoppage, is disastrous to the health and beauty of a lady; color flies from her countenance, her face becomes lifeless in appearance, and assumes the hue of a tallow candle; her eyes lose their brilliancy; her buoyancy of spirits leaves her; she becomes spiritless, timid, shuns society, and, when not relieved, is apt to fall a prey to disease, dyspepsia, consumption, dropsy, &c., &c. In nearly all cases, it is easy to cure this state of health, and especially so at its commencement. In some cases, and rather frequently, the turns are too profuse, in a greater or less degree, even to flooding. This state of things may occur to all ladies, but it is most usual at from twenty to fifty. The effect is to produce great sinking at the stomach, and faint feeling, weak back, inability to walk much, general prostration, even confinement to bed for months at a time. It is very easily and perfectly cured. I do not recollect to have ever failed to cure such cases in a few days. There is one effect produced by derangement of this natural function, that I do

not recollect ever to have seen mentioned by any writer, in connection with disturbed female health; but which, I think, in nearly all cases, proceeds from a disturbance of the monthly nature, or derangement, in some way, of the female functions. This is the formation on different parts of the face, the forehead, and upper parts of the face, most usually, of yellow or brown spots, occurring more or less in extent or depth of color; at one time hardly noticed,—at another time, large, well defined spots cover half the face. These spots are often said to arise from a disturbed liver. I think they all but always arise from a derangement of the female health, or some functions of the womb. They are quite curable. The effect is most disastrous to female beauty, for the brilliancy and clearness of the complexion is entirely lost. A cure can certainly be obtained.

PAINFUL PERIODICAL NATURE.

In a great many cases, the commencement of the periodical nature is marked by vast pain, most distressing and terrible, taking all strength from the body, and often continuing a whole week. I never fail in its cure. (See the letter of Miss Murray.)

END OF THE PERIODICAL NATURE.

The natural close of the monthly nature is often marked by some disturbance of the health, but, by care, keeping the bowels free, and preserving the general health, it will usually pass away, and a long calm succeed in the female health. This, when properly managed, will be scarcely marked by a single ripple upon its smooth, unbroken surface, until the female attains, or may attain, to one hundred years. Although, after the cessation of the months, she cannot again give existence to another, yet she can enjoy the highest charms of society and social intercourse. She can guide the young, and everywhere enliven and adorn, and instruct society, by the fervor of her affections to her family, the brilliancy of her wit, the polish and charm of her accomplishments, and the generous diffusion of her knowledge and experience, resulting from the stores of her reading, and the extent of her observation. Let her preserve her health and charms in the highest perfection, and never allow inactivity to creep upon her, or for an

nstant allow the thoughts of age to approach her, or think herself less useful or attractive than she ever was, convincing all that approach her, by her kindness and benevolence, that time can not sear her affections, or damp her sympathies, or pluck a single flower of loveliness from her mind. Such a lady will find the last half of her century as pleasant, and even more pleasant, than the first. All places will be open to her, all hearts will welcome her. No society can be complete without her; her children will be proud of her, her friends will admire her; she will so realize the value of her presence, and the extent of her usefulness, that never for a moment can she be made to feel herself a burden to others, or useless in society. She should never retire from society, and never cease to make herself useful, agreeable and happy.

EVACUATIONS FROM THE LUNGS.

I have mentioned the lungs as one of the avenues through which passes off more or less of what we eat or drink; and that neither by coughing or expectoration; but the matter is deposited in the air, and passes off by the breath. To convince yourselves of this, only breathe a moment upon a plate of cold glass, and you will notice it instantly covered with viscid matter. How much the lungs throw off in this way, we have no positive means of ascertaining. It differs in different persons, amounting, in some cases, I have no doubt, to some pounds daily. Clear, cold, dry air will take off vastly more from the lungs than moist, humid air. Hence, in cold, damp, wet weather, the lungs are vastly more loaded and stuffed up than in a clear, dry air. This will teach you the value of breathing the pure out-door air daily, frequently, and constantly as possible. I have spoken of this sufficiently in my remarks on forming a fine chest, and on the prevention of consumption, in another lecture, to which I particularly refer you.

THE SKIN.

Having passed over these three great avenues of evacuation,—the bowels, the kidneys, and lungs,—I now come to the fourth—THE SKIN.

Before proceeding with the general subject, I will say, the top of the chest is the very throne of beauty. Its round and voluptuous swell is most seducing, winning every observer. The skin covering it should be brilliantly clear and transparent. It is the misfortune of a great many ladies, to have the chest and neck, sometimes, but the chest very often, most horribly scarred by sores, made to remove pain or tightness across the chest, a cough, or a cold. Even little girls suffer from this practice. No practice of medicine or surgery, in my opinion, is more pernicious, or more detestable than this, inflicting most horrible agony, and injury, in place of good,—very rarely benefitting any patient in the least degree. It was only yesterday I had occasion to examine the chest of a young lady, who, in the last five months, had had tartar emetic sores made on her chest nearly all over it; front and sides marked by hundreds of scars, in size from a small pea to that of a four-penny piece, without a thought of good or benefit. Rarely need you apply a blister,—all but never setons, or sores. Should you wish to remove pain, or soreness, or stricture, rub the affected part well with a little stimulating liniment, and then cover it with a linen or cotton cloth, dipped in cold water, wrung out so as not to drip any. Keep it on a few hours, then change it. Using liniment, and wearing a wet cloth a few days, save in very rare cases, will remove pain, and soreness, and tightness upon the lungs, infinitely better than sores of any kind, and will produce no pain or prostration, and leave no scars. Mothers, I beg of you, allow no such sores to be made upon the chests of your daughters, and allow none on yourselves. I witnessed one case, on a lady's chest, where a tartar emetic sore was made on the breast-bone, and continued until a hole was eaten entirely through the breast-bone into the chest. It did not heal for several months.

The beauty and brilliancy of the skin and the whole surface of the body is greatly affected by the condition of the lungs, the stomach, the liver, the bowels, the womb, the kidneys,—and all these are greatly affected by the condition of the skin. It is impossible for the skin and complexion to be healthy when any or all of these are much deranged in their functions. It is also difficult for them to be in health should the skin not act in a healthy manner. Our great Creator in

tended the skin for a clothing and a protection to the whole body Some tribes of men, at this day, wear no clothing, not a vestige, and yet suffer no more than the animals around them. This fact should never be forgotten, that the skin is itself a clothing. Artificial clothing is intended to exclude the cold, and retain the heat and warmth of the person upon itself. A certain amount of clothing does all that clothing can do for the wearer; and after this, you may pile on as much clothing as you please, and you will only burden yourselves and effeminate the skin, without adding one particle to its warmth. The standard of health is rather to have the skin cool, than to have it hot or perspiring. Many delicate persons are taught, that when feeble or reduced in health, adding very much to their clothing will contribute greatly to their health. They flatter themselves, that by much clothing and warmth, they can fence out disease; and if in perfect health, a great deal of clothing will keep them so. A sufficiency of clothing is necessary to health, but too much is very injurious to health indeed, and greatly injures the complexion, as do heated rooms. As little clothing as possible is the true rule of health and beauty, and rooms as cold as possible, consistently with comfort, and a healthy action of the skin. When already habituated to very much clothing and warm rooms, and flannels, especially next to the skin, sudden changes should not be attempted, and, above all, never in autumn or winter, or early spring; but when we propose to reduce our clothing, the change should be made in early summer, and thus, through the warm weather and advancing fall, we may permanently leave off all unnecessary clothing, after bathing all over in cold water, which will tend greatly to prevent taking cold. I think cotton or silk worn next the skin in summer, and all the year, if possible, far preferable to flannel or woollen. Should one be already accustomed to the use of woollen-flannel, she may substitute good cotton-flannel, I think to great advantage. Woollen-flannel worn all the year, and great quantities of clothing, effeminate the skin prodigiously, destroy the complexion, and induce debility and great delicacy. The slightest changes of weather are felt to the innermost core of the heart; not a breath of air can blow upon her, or the least part of her person, or neck, or bosom, be exposed to the air, without taking cold. The true rule is

to wear as little clothing as possible, consistently with comfort. Never wear clothing for health.—wear it for ornament,—wear it for comfort, so as not to be chilly or cold, but never increase it for health. The neck should always be uncovered, or with the slightest possible covering, unless exposed to very great cold. Ladies who habitually cover the neck are liable to sore throat, while those who habitually keep the throat and neck uncovered seldom have sore throat or cold.

A piece of human skin, on being held up to the air and viewed through a magnifying glass, is seen to be perforated with innumerable small openings through it. These are the pores of the skin. Through these pores, when in health, a great quantity of matter is constantly passing, in an extremely subtile form, and is called the insensible perspiration. Were a person divested of clothing, and placed in a glass case, and the air pumped all out, the body would look as if covered with a cloud; upon placing yourselves in a bath, after a few moments you can notice air bubbles rising from the skin, and covering it all over like very fine pearls. This is the insensible perspiration, and is constantly passing off through the pores of the skin. This makes the skin the fourth great avenue, through which passes an important share of what we eat and drink. Now it is of the last importance to health and beauty, that the pores of the skin be kept in a healthy state, and, in fact, that the skin be considered as a covering and a clothing, and as a great element for evacuating, and unloading the human machine or system of its useless or effete matter. To achieve these two purposes for the skin, it must be well aired, never effeminated, and the pores never allowed to be closed by its own secretions or external impurity. I have before remarked, you must not wear too much clothing, as it effeminates the skin. All your clothing should allow of ventilation of the skin, and not completely confine the air around the body. Some persons wear oil cloth, or oil silk, around the body, over some part of their person, or next to the skin, to exclude the air entirely; nothing can be more pernicious or destructive to health. It effeminates the skin and prostrates the system, and should never be done. To strengthen the skin, and to fortify it and all the system against cold or changes of weather, and to render the skin pure and healthy, no remedy can for one moment be compared

to washing the whole surface of the body over daily with pure cold water. I do not refer to covering yourselves with water, or taking a bath, but simply to washing your whole person over daily with pure cold water, as you do your face and hands. Extend the same favor to your whole person, that you do to your hands and face. All you require is two to four quarts of cold water, and as much more as you please, but a common wash-basin will do, and two or three towels. Take one of the towels, dip it in this crystal fluid, eminently worthy of you, and you of it; lave well the wrists, the ears, the neck, the chest, the whole person, the lower limbs, the feet. Dwell much on the chest, about the collar-bones and below them, and on all the large joints, and feet and soles of the feet. As it will be a little difficult to wash between the shoulders, fill a towel full of water, and spread it out like a shawl, and convey it over the head, and let it fall down the back to the hips, covering all the shoulders, and all the spine. Let it embrace and wet all the spine well. Now, take a good-sized towel, one in each hand, if you please, and commence vigorous friction, and wiping on and over all your person, rub yourselves perfectly dry, animate all the skin by rubbing with a dry towel. This done, throw the dry towel over your neck, take the opposite corners of the towel in each hand, draw the towel across the back of the neck, and between the shoulders, and down the back as far as the hips, wiping and rubbing the whole spine well and thoroughly, and shoulders, neck, shoulder-blades, &c., all down. Fill the chest full of air as you can, then throw the head, neck, shoulders, and chest backwards as far as possible, and for one or two minutes walk the room, holding the breath, and expanding the chest to its fullest extent by drawing in all the air you can. By this operation your shoulders will soon lie flat to the back of the chest, and the bosom, all untrammelled, will swell and resume all the luxuriance of its natural form, and almost unapproachable beauty. This whole operation will not occupy you more than three or four minutes, when your ablutions, frictions, and expanding the chest, will be finished, and you prepared to resume your clothing. The morning is the best time of day for bathing,—on first stepping out of bed, and when all the skin is in a glow of warmth. Any other hour of the day, or on retiring at night, may be selected with great

advantage, as inclination or convenience may dictate. Ladies not accustomed to cold bathing, or who dread exposing the person to the air, may, at first, use only a damp towel, or merely dampened in salt and warm water, and first expose only the limbs and person very partially at a time, and so gradually accustom the surface of the person to exposure. In this way, by exercising a little sound discretion and care, in five to ten days the most effeminated and feeble persons may habituate themselves to the free use of cold water, over all the surface of the body and limbs, daily. Should you in the commencement take cold, you need not dread taking cold always from exposure of the person, or bathing with cold water. The value of the bathing, save mere purity, is derived from the cold that is in the water. Bathing in cold water is more valuable when the weather is coldest in autumn, winter, and spring. In summer its effects are less striking than in winter. It is at this moment, ladies, I wish I possessed the highest powers of persuasion, to induce you to adopt at once constant daily ablutions with cold water all your lives. It may be done always, whether the monthly turns are on or not. When accustomed to it, it may be done an hour before child-birth, or an hour after, with perfect safety. It is hardly possible to imagine any fever, or any sickness, that forbids your daily bathing, or washing all over with cold water. On the contrary, in scarlet fever, measles, typhus fever, child-bed fever, lung fever, scrofula, spine diseases, liver complaint, dyspepsia, consumption, ague and fever, erysipelas, and, in fact, in almost any and every disease incident to the human frame, cold bathing is itself a great remedy, and never can do hurt, when you have before been accustomed to it. Rarely, very rarely, will you be subject to any of these, should you constantly and faithfully bathe daily in cold water. The shower bath may be used, when perfectly convenient and agreeable. Never use a tepid bath, unless to begin before you use cold,—it effeminates the whole system. Let the water be hot or cold. Hot baths are occasionally admissible, as a remedy for pain, fever, or hoarseness, either of longer or shorter duration. For stiff joints from rheumatism, lameness, pain in the side, and sore throat, or quinzy, pain and heat in the spine, swelling and pain and heat in either side, or about the chest, there are few remedies superior to cold water

either poured on, or, what is most applicable, a piece of cotton cloth folded two or three thicknesses, and laid or bound on the painful or swelled part, changed often, and kept on for hours, or days and nights Coarse crash is much used.

This application is far superior to a blister, or tartar emetic sores; will remove the pain sooner, and make a far more permanent cure. By tying up the neck with a handkerchief dipped in cold water, and kept on over-night, or for several days and nights, if urgent, or for successive nights, you will usually cure the sore throat in the most gratifying manner, without one twinge of pain, or reducing the strength in any degree. Over the wet cloths should be laid thick, dry ones, so as to keep the parts warm and perspiring, otherwise injury would result from the cold. Dry friction, with a flannel, if the surface is cold, or with a dry towel, fine or coarse, as suits you, or with a flesh brush, as taste or inclination, or judgment directs, will be found excellent. Friction, to have its best effects, should be long continued, and for old persons it is most valuable; but ought not to supersede the use of cold water. Cold water preserves the freshness of the skin, and prevents wrinkles, and every thing of that kind, to a great degree. Followed and preceded by friction, it is beyond all possible value. A person who bathes in cold water freely, as I have directed, can hardly feel the fluctuations of the weather, or be liable to take cold, or receive any injury from atmospheric changes. She will ever rarely have a pain, or be liable to fever, to rheumatism, or inflammation of the lungs, or pleurisy, or quinsy, or sore throat, or cough, or skin diseases, liver complaints, or dyspepsia. When you can faithfully and fearlessly wash yourselves all over with cold water daily, you will have taken a vast step in the commencement of a period of uninterrupted health. Infants at the breast should be bathed in cool water daily, from their youngest hours. Do not be afraid of doing them any injury by it. It is impossible, when the cold sponge bath is judiciously used. It is of almost inappreciable value to the child. The rooms in which you wash may be very warm indeed, if you please, and should always be warm, if you are delicate or unaccustomed to exposure of your person to the air. The water at first may be used warm or tepid, and used colder as you can bear it, or

stimulated with salt. To render the skin soft and pure, I recommend to my patients, to wash all over once a week, with sal æratus and water, cold or hot, or with super-carbonate of soda, which is the best. The effect of this upon the skin, used once a week, is very agreeable, and makes the surface of the person as pure as the rose. The soda should be the fine super-carbonate of soda, sold by the apothecaries, &c. It will make the skin as soft as the finest, softest velvet. You need never be afraid of exposing your whole person to the air, (in a warm room, if delicate,) and of washing all over, daily, with pure cold water. The effect is, to give you good health, and, unless counteracted by other causes, as I have already mentioned, and shall mention in another discourse, uninterrupted and brilliant health. The mind will be clear, the eye bright, and countenance brilliant as the first blushes of the morning. Lassitude, despondency, low spirits, and indolence, will find no lodgment in your persons. Timidity, fear, and moroseness, will be driven from you by the courage and resolution that result from good health. Your first great enemy is ignorance; the next, its legitimate child, is indolence. Overcome these, and you have before you a pleasant and beautiful world, a long and happy life; victorious over these, and every other obstacle to health, usefulness, or happiness, will retire at your approach, as darkness before light.

THE FEET.

I will say one word on the condition of your feet. You cannot walk well, unless the feet are in good condition. When not properly treated, the feet are apt to swell, and become covered more or less with corns. Many ladies are also liable to very cold feet, the cold extending even to the knees, at times. To remedy all this, I recommend putting your feet once a week in hot water,—not a tepid, warm bath,—but in a hot bath,—and, if you please, medicated. I direct my consumptive patients, and all my patients, and every one, to prepare, once a week, a foot-bath. If the persons are feeble or liable to night-sweats, the hot foot-bath need not be used, and is even injurious if the feet are in good order. Take three or four quarts of water warm; add to this one table-spoonful of the common washing soda, or the fine super-carbonate of soda, as you please, and three table-spoon

fuls of common salt. Now put your feet in, and gradually add hot water, as you can bear it, for twenty or thirty minutes, until you have raised a very high heat upon your feet. Now remove your feet, and wipe them dry. Should any spots of hardened skin be upon them, scrape these off as often as possible, so as to make all the skin covering the feet, the bottom and sides especially, as thin as possible. Repeat this bath once a week, and you will never have corns, or any inconvenience in your feet,—remembering, the shoes should be most graceful, and fit the foot perfectly, but never squeeze or pinch any part of it, the hot foot-bath, such as I have described to you, is one of the greatest medicines for rushing of blood to the head, recent attacks of pain, neuralgia, pleurisy, swelled face, quinsy, scarlet fever, rheumatism, lung fever, cold, liver complaint,—and in consumption, it is most valuable. In all cases of pains in the limbs, and deranged circulation, the hot foot-bath is valuable. In fits in children, and a vast many cases of disease, quite too numerous to mention, it will never do any injury. In profuse monthly turns, it at times does harm; when deficient or tardy, it is valuable. The time to use the hot foot-bath is at bed-time; and on leaving it, retire to bed. Ladies in perfect health need not use the hot foot-bath, unless they choose. The feet of all should be washed daily in cold water, and particularly next morning after a hot foot-bath. Do not use it if it weakens you, or makes the feet very tender.

AIR AND EXERCISE.

Although, in another lecture, I have said something of exercise, and incidentally much of air, I will here say a few words upon these most important subjects. Walking, riding, dancing, and all amusements in the open air, contribute to form and invigorate the constitution to a vast extent. Without exercise in the open air, no rules for health could possibly be complete. It is impossible to have vigorous health, or preserve it long, without daily exercise in the open air. It is most unfortunate, that, in this country, ladies take so little exercise in the open air, especially those who are well, and in easy circumstances, who have the leisure for it. Many ladies, during the long period of cold weather, say nearly seven months of the year, hardly go out at all. They stay

within, in heated rooms, taking little or no exercise, for many months. The effects are deplorable. Debility all over, loss of spirits, costiveness, loss of bloom on their cheeks. The eye loses its brightness; and health and beauty become impossible in this state of things. To female children it is very injurious. The striking contrast between English ladies, and the French and American, and, in fact, nearly all other ladies in the world, is owing to out-door exercise taken daily; scarcely any weather prevents it. Should the weather be very inclement, exercise is taken within-doors. In stormy weather, the Queen of England daily takes exercise, by riding or walking in covered buildings, or terraces, &c., never omitting exercise, any day of the year, for herself or children. The ladies of England usually enjoy brilliant health. The very greatness of England is intimately connected with the out-door exercise of their females. For a fine race of healthy children is impossible, when the mothers are effeminate, and take no exercise, or but little. In our country, many ladies exercise and go out in summer, and in the beautiful weather of autumn, which, in this country, is unsurpassed by any, and so gather a few roses on their cheeks; but the cold, bad weather of our late autumn usually drives them in, not often to be seen out again until spring. No health can be supported under this want of exercise. Every lady should go out every day. Should the weather, by its inclemency, forbid it, then she should walk or exercise on a balcony, open to the air, should this be at her command—walking one or two hours. Exercise should be taken to the point of considerable fatigue. It is better to ride or walk in the open air, in the country or city, where the eye is refreshed, and the mind delighted, than to walk in a room, without these. It is also vastly better to walk and take exercise in company than alone. It is better for health, not to be solitary. But, either with or without society, take exercise. Gardening, and tending flowers, is a pleasant and engaging exercise to some. Jumping the rope is a very pleasant exercise, both for symmetry and health. Dancing is the king and queen of in-door exercise. It is suitable to all classes, all ages, both sexes. It is a most elegant and most exhilarating exercise. It is one of the most ancient, and one of the most salutary. I do not speak of it as a dissipation, but as an exhilarating and valuable exercise. Among the exercises, it is se

cond to none. It is extremely suitable for the sedentary, for invalids, and for consumptives. I have known one of the worst cases of consumption I ever knew cured by dancing alone, practised daily, for many months. The cure was permanent and complete.

It is deplorable that dancing and amusements of nearly all kinds should have fallen under the ban of the clergy, and should be preached against as sinful. It is more than doubtful whether the morals of mankind are benefitted by forbidding all amusements, and it is most certain the health of thousands is sacrificed by it. Who are those that sink earliest into consumption among ladies? Allow me to say, it is those who take least exercise, and refrain from all amusements, —who, at school, at church, at home, are marked as models; whose looks are demure, whose walk is slow, and whose conversation is always on serious subjects,—who most apply themselves to severe studies, and protracted application in acquiring knowledge and education. Buoyancy of spirits, even to mirth and levity, is infinitely better for health, than to be morose. There is nothing better for the lungs than deep, frequent, hearty laughter, and the laugh should never be suppressed unless forbidden by circumstances. Laennec, a celebrated French writer on consumption, relates a case that came under his observation in a convent of nuns at Paris. He had witnessed all the inmates die three successive times within a few years, except the gate-keeper, the cook, and the lady abbess. These were obliged to take exercise, and so escaped death. Of all the contrivances to shorten and destroy life, a convent of nuns is the grand climax. Here, confined without exercise, or cheerful amusements, and engaged in severe devotions, or sedentary occupations, they fall into supine inaction. Health, energy, and activity, all go together. In a few years death does his work, and their long-prayed-for, long-sought-for haven, is soon obtained. No greater truth was ever uttered, than that—

> "Religion never was designed
> To make our pleasures less."

Neither in its letter nor spirit does our happy and blessed religion, —the religion of our Lord and Saviour Jesus Christ, to whom be eterna' praise and obedience,—anywhere forbid pure, rational plea

sures and gratification. "Use the things of this world as not abusing them," is the injunction of the Apostle, and is a complete summary of all the teaching of the whole Bible upon this subject.

It never can be too much regretted, that the American ladies, at a very early period, leave off all buoyancy in exercise, in spirits, in amusements, and consent, before they are thirty years old, to be old women,—taking little or no part in amusements, or social pleasures, leaving society to be regulated by young ladies in their teens. No lady should ever leave society, or rational amusements, until deprived of them by absolute disease, or until the infirmities of extreme age utterly prevent. But by this course, extreme age may be attained, whilst its great infirmities may never be reached. The human frame is a machine that requires daily exercise in the open air, and in society, as far as possible. Without this it will fall into decay, and both mind and body sink into imbecility, whilst those daily and constantly employed and engaged are constantly and daily renovated, and kept from one hundred to one hundred and fifty years in perfect health.

Allow me to urge upon you symmetry of the whole person. The head and neck erect, and straight with the back; the shoulders thrown back; the shoulder-blades laying flat against the back of the chest; the front of the chest round, high and full; the waist untrammelled; the person straight, never stooping, save from the hip joints; the step elastic and buoyant; the teeth perfect, pure, complete and regular; the diet wholesome, plain, full and simple. Exercise daily in the open air; daily recreation and amusement as much as possible, in pleasant and cheerful society; the bowels perfectly regular and free; the kidneys unembarrassed; the person daily washed with pure, cold water; clothing graceful, appropriate, tasteful, light and sufficient: all these are entirely in your power. Should every one not be able to use cold water, use it tepid,—by all means, use it. These, I repeat, are all at your command, whether your means are ample or limited,—whether your lot is that of poverty or riches. All these are the servants of your bidding. They form those grand arts of the toilet, and of health, that for ages have found, more or less, a home in the high, princely and noble families of Europe,—that have aided them to perpetuate their names and lineage, from age to age, through many cen

turies, bestowing upon them an almost constant and universal exemption from the ills, the frequent calamities, and the devastating diseases which have continually preyed upon the ignorant and consequently ignoble classes, everywhere. These arts, conferring such superior physical endowments, such striking beauty, and so long continued, have struck mankind with awe, and charmed their admiration, not only in rude ages, but in the most favored and enlightened periods of our own day.

In 1837, I had the honor of attending a ball in the French capital, given under the patronage of the Duchess of Roxburgh. About 3,500 ladies and gentlemen were present, comprising the most distinguished English and French nobility then in Paris. Many distinguished English and French officers, of the highest grades. Some ladies wore ornaments to the value of one hundred thousand dollars. Two sons of Louis Philippe were present. Here I had an opportunity of noticing and verifying all I have before said of the connection of symmetry, health and beauty. Ladies of sixty hardly looking thirty; gentlemen, seventy, and scarcely seeming forty. Not a round-shouldered European in this assemblage; no lack-lustre eyes; no pale-sunken cheeks; no halting gaits; no balancing, first on one foot, then on the other. Nearly all the ladies wore the top of the chest bare, yet no scarred bosoms were seen; no scraggy collar-bones stood out over the chest, but all was symmetry and grace, presenting the human machine in its fullest symmetry and highest elegance, and perfect health. Each lady, besides borrowed ornaments, presented in her animated countenance three brilliants,—brilliant teeth, brilliant complexion, and brilliant eyes.

CONCLUSION.

I will now, at the close of this discourse, say a few words on one of the most difficult and delicate subjects ever discussed. I will remark to you, that your frames and whole systems are constructed for three purposes only. The first set of organs are made to develope and sustain the mind; the second set, are formed to develope and repair and preserve the body; and the third set, are made for the continuance of our race. In my discourse to gentlemen, you may see

more remarks on the treatment and developement of the mind ; and the two discourses to ladies are mostly on the reparation of the body.

I will now venture a few words on those sympathies, &c., which procure a continuance of our race. If our thoughts are our hearts, then our emotions constitute the heart of our hearts. The emotions are parents of thoughts. Far down in the innermost depths of our being they have their origin. These emotions are maternal, paternal, fraternal, filial, sexual : they are the parents of the affections—they are the parents of likes and dislikes—they exist even before the thoughts. To the sexual emotions only, do I now wish to call your attention. These emotions are impressed upon the female, that our race may be continued ; they are the gift of her great Creator, and make her susceptible of exquisite pleasures that cannot be described. Your fascinating charms attract the other sex. Your own sexual emotions cause you to reciprocate them. Deep in the female being, the sexual emotions develope : in some, truly, ardent—in others, totally wanting. It is this that fires the eye, burns upon the cheek, animates the mind, gives point to every impulse, and pours burning health throughout the system. It bestows courage in her heart, pride on her brow, confidence in her step. Her influence over the opposite sex is irresistible, giving rise to the most exquisite impressions, and the liveliest susceptibilities. Wit, cheerfulness, and brilliancy surround her, reflected from her own glowing heart. Her whole being knows no cold medium. On the other hand, she in whom these emotions are wholly wanting, is a living, continuous disappointment : her cold eye rolls in its socket with the expression of polished ice ; she is nearly a stranger to emotion ; her mind is sluggish—her body more so. No deep color burns in her cheeks, no vivacity in her thoughts ; slow and passionless in her susceptibilities. Her monthly nature, usually late in its appearance, is irregular, and often entirely wanting or ceases at an early period. Society has few attractions for her. The opposite sex is looked upon with fear and distrust, whose only attractions are as providers or protectors. The connubial bed is far from agreeable to her. As a wife, she has few attractions, and, in many cases, her disheartened husband drags out a life of disappointment, or leaves her. Her health is of a low grade ; she possesses no powers of endu

rance. Her children, if blessed with any, are apt to be a poor, feeble, and scrofulous race. She has not the least comprehension of the highest pleasures of which the female being is susceptible. You ask me, if such cases do occur,—are they common? I answer, they occur in a greater or less degree in many, and that in all grades of society, both rich and poor. I will endeavor to point out the causes. Mrs. A. is endowed with excellent principles, full of piety, and good works. She has in her recollection cases of female indiscretion, and is fully resolved her daughters shall be well brought up; she keeps them mostly with herself; very rarely do they speak to one of the opposite sex; sent to schools for females only, never allowed much society, or only that of elderly ladies; they are most circumspect and demure in all their doings; great care is taken of their health. From tender infancy they wear a great deal of clothing, so that the hips and basket of the hips particularly are covered with heavy clothing in all seasons; at 8 the little girls are clothed as if they were 20 years of age. If they go to parties, it is not to speak to gentlemen, unless to some venerable uncle, or old friend of their father. Daughters thus brought up grow truly degenerate in their physical constitution; but their children, brought up in the same way, are often totally wanting in all sexual emotions.

These remarks apply, as far as is known, to citizens of the United States. The remedy for this truly disastrous state of things, so unfortunate to all concerned, but most of all, to the wretched subjects themselves, often and usually totally unconscious of any loss or any want, is to pursue an opposite course. All should know and constantly realize that men and women are formed to grow up and associate with each other, from the tenderest age until life itself fades in its oldest period. Nothing is more dreadful in its consequences on the physical constitution than a convent of nuns. Sports and games, and walks and spirited conversation, and the merry dance, all in their proper time and place, both sexes participating, give stimulus to life, glow to health, and an edge to all enjoyments. What God has bestowed, let us not rashly condemn or seek to extinguish. All this is consistent with the purest piety and the holiest life. Every lady should recollect, both for herself and her daughters, that the highest glory

and the proudest privilege of a woman is to be a beloved wife and happy mother. Our excellent pastors and spiritual teachers, whilst each week, with holy zeal and burning eloquence, they condemn all vice and inculcate every virtue, never mean to impress upon the female mind, or have their teachings so construed as to induce her, to extinguish every sexual emotion. These remarks have been forced upon me from having witnessed among these unhappy ladies so many cases of consumption.

My next discourse to you will be upon the symmetry of the internal organs of the body and symmetry of mind.

ON CHANGES OF DRESS.

It is a circumstance particularly worthy of notice, that our clothing, on being worn a short time, becomes more or less charged with electricity from the body and linen, although we may be bathed and wash the surface of the whole person daily in cold water, as I have before noted. Our clothing, especially such as immediately invests the person, should not be too often changed. This rule particularly applies to all delicate persons and invalids, and all children, any farther than absolute cleanliness requires. One of the reasons why a great many children of wealthy parents are delicate, and much more so than those of the poorer classes, is because their clothing is too often changed, and thus the body is rapidly exhausted of its electrical forces. Flannels in cold weather may be changed once a week, or two weeks, in some cases. You can judge for yourselves.

DISCOURSE FIFTH

TO LADIES ONLY.

On Symmetry of the Internal Organs of the Body, and on Symmetry of Mind, as preventing Pulmonary Consumption, and ensuring Long Life.

LADIES:

THE present discourse will be upon the symmetry of the internal organs of the body. By a glance at Plate C, you will notice all these organs in their natural and appropriate places: the lungs, on each side of the chest, from the collar-bones above to the seventh rib below in front, and extending much lower back. The heart is in front between them. The contents of the chest are separated from the abdomen by a floating curtain, called the *midriff*. The right and left portions of the midriff are loose, and float upwards into the chest, every time we breathe out the air in the chest. On breathing in the air, the midriff of a person in health forms a floor to the lungs and heart, and descends until it is drawn tight, flat and stiff across the body. The midriff is so arranged as always to form rather a fast support to the heart, and floats below the lungs on their emptying out the air from the chest. The lungs are wedge-shaped; the small ends of the wedges are uppermost, under the collar-bones, whilst the base of the lungs and vastly the larger portions are at the bottom of the lungs, and turned downwards heavily on to the diaphragm. When we stand up, the lungs hang on the wind-pipe and large air-vessels, and on the large blood-vessels with which they are tied to the back-bone behind. The lungs float downwards into the midriff or floor of the lungs, and sideways against the ribs, every time we draw in the air.

The heart is also wedge-shaped, and its base or large end is uppermost, whilst its small end points downwards and sideways into the left chest, occupying one-third more room in the left chest than it does

in the right, measuring from the centre of the breast-bone, under which the heart is placed, towards its middle and lower part. The heart floats a little with the midriff, but is held securely in its place by its attachments to the lesser midriff, by its own case, and by the great blood-vessels that come and go from it. The heart and lungs both, and all, are enclosed in the chest, which is a basket of bones, formed by the back-bone behind, the breast-bone in front, and the ribs that go from the back-bone to the breast-bone; seven ribs are long, five short; the five lower ribs are short, yet all are so tied as to be connected with the breast-bone. (See Plate B.) This basket of bones is entirely open at the bottom; only divided off from the abdomen by a fleshy floating curtain. On looking into the abdomen on the plate, you notice towards the left side, below the breast and left lung, the stomach; to the right of this, is the liver; below, are the large and small bowels. Nearly all the bowels are floating, and readily move up and down, and rush out as quick as water, when, on standing, the walls of the abdomen are cut or broken through. Both ends of the large bowel are tied fast. The lower end of the large bowel is tied for some distance to the back-bone, and is thus kept from floating. It forms the back passage through the basket of the hips.

BASKET OF THE HIPS—(see Plate B.)

The basket of the hips is placed at the lower end of the waist, and is united to the end of the back-bone, at the bottom of the small of the back. This basket is open above and below, and is so placed that its lower end opens backwards, and its upper part pitches forward. (See the Plate.) By this shape and position, in a straight, well-formed person, the bowels cannot fall down through the basket of the hips, but are stopped on the bone that crosses the lower part of the abdomen in front. This bone in front connects one side of the basket of the hips with the other. The bony walls of the basket of the hips are very thick, and very solid; the only part moveable is the lower end of the back-bone. The other parts of the bony walls of the basket of the hips can hardly be said to have any power of being moved, or stretched, to a larger size, or to be capable of being compressed to a smaller size, offering a striking contrast to the walls of the basket of

the chest. The chest you can make as large as you please, or as small, but cannot move the basket of the hips, save in a slight degree, and never in any manner at will. In young persons, by a vicious habit of sitting in a very crooked posture, and long at a time, all bent into a heap, the basket of the hips may bend from its union with the back-bone, and come forward at its lower parts, so as to make the basket of the hips pitch forward, instead of backwards. This is a great deformity, and often leads to most deplorable consequences, by allowing the organs of the trunk of the body to fall into the basket of the hips; by this at times pushing the womb entirely out of the body, and if not soon cured, will lead to being, at least, permanently bed-ridden. This deformed position of the basket of the hips always prevents being straight in person, or walking well, or standing erect. It is a great misfortune, and can always be prevented by sitting erect and straight, when you do indulge in a sitting posture, and by never sitting all in a heap, and much bent, and stooping. (See Plate K.) The evil is aggravated by sitting long bent over on a hard seat, as is often seen with girls at school. The basket of the hips in females is much broader than in males, and is larger, and will hold much more than in males, all other things being equal.

CONTENTS OF THE BASKET OF THE HIPS.

The basket of the hips contains some of the most important organs of the body. In front, behind the cross-bone, first, is the bladder; next, behind this, is the womb and its appendages; behind this is the back passage, or lower end of the large bowel. The large bowel, in its whole length through the basket of the hips, is tied to the back-bone, or what represents it. The front passage only extends from the upper part of the womb outwards, when the womb is perfectly in its natural position. (See Plates S and O, for a perfect view of all these organs in their natural positions.)

THE KIDNEYS

The kidneys are not in the basket of the hips, but above it, in the small of the back, each side of the back-bone. Their office is to separate the surplus water, and salts, and earths, from the blood. There

is a small chamber in each kidney, into which the water is first poured From the chamber of each kidney a pipe passes downwards, behind the bowels, to the bladder, and conveys all the water from the kidneys to the bladder. (See Plate S.)

THE WOMB.

The womb is situated between the bladder and back passage, and at the top of the front passage. The womb has the shape and figure of a pear,—it is wedge-shaped, with its large end uppermost, and its lower, or small end, pointing downwards. Its base is upwards; its lower end extends into the top of the front passage (see Plates S and O.) The womb is kept in its place by the soft parts around it, and by having no pressure at all on its top part, and by its own proper ligaments or ties.

OVARIES.

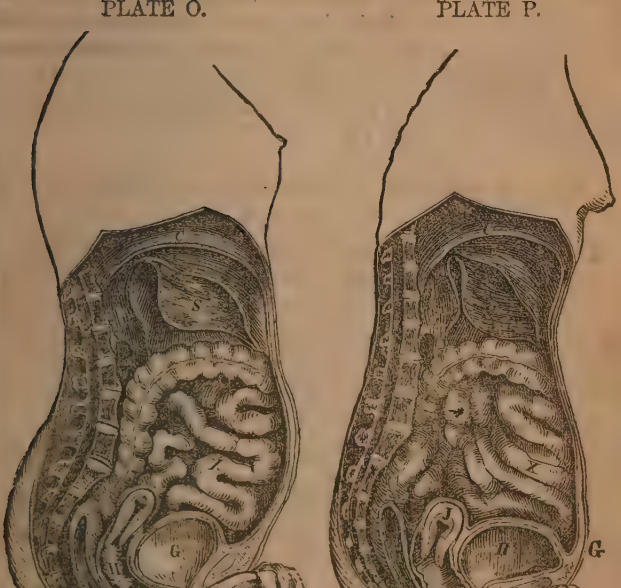
On each side of the womb, and connected with it by two pipes, are the ovaries, two balls of the size of a small egg. If the ovaries, or the pipes that lead from them to the womb, are diseased, or obstructed, so that nothing can pass from the ovaries to the womb, the female cannot become a mother. (See Plate S, figs. 6–6.)

SYMMETRY OF THE INTERNAL ORGANS OF THE BODY.

I have before described the belts that cover the front and sides of the abdomen (see Plate E.)

The trunk of the body is a species of round box. Imagine a roundish box, the size of the trunk of the body, and that it is laid down flat, and stowed full of goods, and that half its lid is made solid and strong as a board, and the other half of its lid is made of cloth. Now, set this trunk up on end, the cloth part of its cover being at the lower part, all the goods will at once drag down to the lower part, and push out the cloth cover: hence, you will see how solid and firm the cloth cover must be, to keep up all the goods, and not burst out below. (See Plate O.) This is a fair parallel of the formation and condition of the trunk of the body.

PLATE O. PLATE P.



Side View of most of the organs of the body in their natural situation.

C, Elevated Midriff, or floor of the Lungs. G, the Bladder. H, the front passage in the basket of the hips. I, the back passage through the basket of the hips. S, the Stomach. X, Floating Bowels.

Side View of most of the important organs of the body, which have fallen down, from a relaxation of the abdominal belts.

C, the Midriff. G, the Abdomen, hanging down. H, the Bladder. I, the Womb. S, the Stomach, fallen down. X, Floating Bowels.

All the organs of the trunk of the body, such as the lungs, heart, liver, stomach, and bowels, are kept in their places in part by the abdominal belts that enclose and form the walls of the abdomen. Now then, if these belts, or walls, become relaxed, or pushed out, the effect

is to cause, on standing up, a dislocation, or dragging down, more or less, out of their places, of the lungs, heart, stomach, liver, bowels, womb, ovaries, and back passage, producing the following effects, more or less aggravated, as the abdominal belts are more or less relaxed, taking every degree of mischief, from slight inconvenience to instant death. (See Plate P.)

Effects of a relaxation or giving way of the abdominal belts upon the lungs.

The first effect is to take way from the floor of the lungs their support, and they drag downwards, causing wheezing breathing, shortness of breath, asthma, a hacking cough, great difficulty, when standing up, to fill the lungs with air, a sense of great weakness and weariness under the collar-bones, a strong inclination to bring forward the shoulders upon the chest, and to stoop, on standing or sitting,—a feeling of hollowness or emptiness at the top of the chest, great difficulty to get the breath, on walking fast, or on going up-hill, or up stairs, or on any sudden exertion,—running is impossible.

Bleeding from the lungs is another effect of falling of the bowels, and relaxation of the abdominal belts, or coverings. I have often witnessed bleeding from the lungs in these cases. Another effect, in many cases, is a collapse, or closing all up of the air-cells of the upper parts of the lungs, and a shrinking up of the tops of the lungs, and thus allowing a deposit of tubercles, and formation of pulmonary consumption. Tall, thin ladies, with hardly any development of abdomen, are very often subject to falling bowels, when very few would imagine it possible. In proof of this, I have once before mentioned the stoppage of the progress of consumption when a lady is in the family-way, and its most rapid progress after the child is born. This leads me to remark, how carefully a consumptive lady should be supported, on getting up, after the birth of a child. I will mention two or three cases of consumption produced by falling of the bowels.

In September, 1843, I was requested to see a young married lady for consumption. I found a tall, elegant young lady, who had been very delicately brought up; had been married thirteen months. At

the end of ten months, she gave birth to a daughter, and seemed doing extremely well. Three weeks after the birth of her child, she was allowed to leave her bed without sufficient support, and went fifty miles to visit her mother. The want of support to the bowels allowed the lungs to drag down; bleeding from the right lung began. I saw her twelve weeks after this, in the last stage of hopeless consumption. In those females who have never borne children, the abdomen may remain very flat, and yet the bowels fall down more or less; but with ladies who have borne children, the abdominal belts become then enormously stretched and extended. After child-birth, they usually, in a few days or weeks, return to a smaller size, but rarely as flat as before. Woe to the unfortunate consumptive mother who, after child-birth, is allowed to rise too soon from her bed, or is not perfectly supported when she does get up, In a great many cases of weak ladies, the abdominal belts never go back, to be small and flat, as they ought to be; and from the birth of a child, or a miscarriage, they date ill health ever after. Nearly all cases of bed-ridden ladies are made so from this cause. In September, 1844, I visited a lady at Glastonbury, Ct. who had a child eighteen months old. The mother could never sit up afterwards. At the end of one year, she fell into consumption, and was in its last stages when I saw her.

In April, 1845, I was called to visit a young lady, at Providence, Rhode Island. She was extremely beautiful, and inclined to be fleshy. Soon after her marriage she travelled with her husband through several of the western states, and during the journey rode seventy miles in a stage, on a very rough road. On returning to Providence she soon found herself unable to walk, and had been confined eleven months to her bed and room. The morning of the day I saw her, she was taken with bleeding at her lungs. She told me the journey to the western country, and especially the stage-coach, travelling over the rough roads, seemed to shake and jar her inside almost to pieces, so that she had never recovered from the fatigue of the journey. Had her bowels been well supported, all these dreadful effects of her journey would have been entirely prevented. She had never been in the family-way I think nearly one-third of all con

sumptions in females are induced by falling of the bowels, and thus leading to a dislocation and dragging down of the lungs.

WEAKNESS AND LOSS OF VOICE FROM FALLING OF THE BOWELS, OR WEAKNESS OF THE ABDOMINAL BELTS.

Weakness of voice, and, at times, total loss of voice, arise from relaxation of the abdominal belts and consequently falling of the bowels. In this case, the lungs do not fill, the wind-pipe is dragged down, and weak voice and sore throat are the consequence. The person cannot sing or talk long, or read aloud, or speak in public, without excessive fatigue, and very soon cannot speak at all, unless relieved. A great many females and female teachers, who stand long and talk much, from weakness across the abdomen, lose their voices, become hoarse, take a sore throat, and if not relieved, are soon forced to leave their occupation.

In March, 1845, I was consulted in Providence, Rhode Island, by a very accomplished lady, who was a teacher in a large school, but for four months past had been forced to leave her school, because of sore throat and great weakness of voice. She called on me, and asked me if I could relieve her in four days, because, if I could, she could return to her school at that time. I had the extreme pleasure, by God's blessing, to restore this lady to her school in four days, and to good health in a short time. (See letter of Mrs. Kingsley.)

PALPITATION OF THE HEART.

Several causes may produce palpitation of the heart. One of these is falling of the bowels, &c. On taking much exertion, or walking, or sitting long in church, or being in a crowd, if weak across the bowels, palpitation of the heart will come on in ladies of all ages. In July, 1844, I was consulted at Weathersfield, Connecticut, by two ladies, for palpitation of the heart, from which both suffered greatly. One was a married lady, mother of eleven children; she was short and very fleshy. The other was a young single lady, about seventeen years old, tall and very thin. Both had palpitation from the same cause, and both were cured by abdominal support.

FAINTING FITS.

Many ladies, more especially young ones, are liable, on taking much exertion, to be suddenly overcome and to faint; also, to faint in church, or in a crowd. This, in nearly all cases, is produced by abdominal weakness. The heart is not well supported, and readily stops its action for a short time. This explains why a lady faints on standing, walking, or sitting up, that never faints whilst lying down.

SINKING, ALL GONE AT THE PIT OF THE STOMACH, FROM FALLING OF THE BOWELS.

Many ladies, and especially those who stand much, experience a most distressed and sinking feeling at the pit of the stomach—a feeling of being all gone there, a place which seems quite empty, and which nothing will fill. Eating a full meal will, for a short time, usually stop this feeling, but it soon returns, and the lady feels as if she had eaten nothing, and a faint, exhausted feeling, takes away all her spirits, or ambition to do anything. She experiences a sense of great weakness at the pit of the stomach, and a disposition to stoop. Stooping, at first, seems to relieve her a little, and she stoops more and more, until nearly bent double. I saw a tall lady, a few months ago, who began stooping, as I have said, and continued the habit until she was bent nearly double, bending from her hips so as to carry her head and chest and abdomen as low as her hips, producing a most distressing deformity. In other cases, the lady feels as if cut in two at the pit of the stomach. At other times this weakness or sinking feeling is experienced in the side, either right or left, or both. If this weakness occurs on one side only, the lady will stoop more or less to that side. This great weakness and sinking at the pit of the stomach and sides, is usually much aggravated on walking or lifting, or on taking any active exercise. The lady is soon obliged to lie down, to recover her breath and strength. At other times the weakness is felt in front, opposite the hips, below the middle of the stomach, and at times it is felt in the chest, under the collar-bones or about the throat.

All this is often relieved or perfectly cured by abdominal support. I have witnessed and cured a great many cases of this kind.

This weakness at the pit of the stomach often leads to dyspepsia or

indigestion of the food. The food often, after eating, lays very heavy; feels a load; at other times the stomach bloats, and the lady feels as if she could not breathe. At other times the food sours in the stomach sooner or later after eating, and many kinds of food cannot be eaten. In others, in a longer or shorter time after eating, distressing pain is felt in the stomach.

CHRONIC DIARRHŒA.

In some cases, falling of the bowels from a relaxation of the abdominal belts, will produce a constant diarrhœa or looseness of the bowels, more or less urgent, which in many cases induces great debility. The stomach participates, more or less, in the weakness, and the food badly digested passes into the bowels and ferments there, causing flatulency and looseness. A vast many of these cases are helped or cured by abdominal support.

COSTIVENESS.

In some cases, falling of the bowels causes them to be extremely sluggish, and acting very slowly indeed, so as to seem almost as if dead; often having no passage for days together, and frequently a rumbling and moving of wind in the bowels, a bloating of them, &c., &c. Costiveness is usually very much helped, and often entirely cured, by abdominal support.

LIVER COMPLAINT, CAUSED BY FALLING OF THE BOWELS—(see Plate Q.)

The liver is very heavy and solid, and strongly inclines to drag down, and fall low in the abdomen, if the abdominal belts are not strong and firm. I have known one case of a person who had very weak bowels. By riding on horseback, without having proper abdominal support, the liver broke partly in two, and the person died in a few hours. This remarkable case I shall relate in my discourse to gentlemen. Jarring, and dragging down of the liver, will always, more or less, disturb it, and often causes it to secrete a great deal of bile; at other times, very little; at other times, the natural position of the liver is changed, and the bile does not get out of the gall-bladder

and liver as readily as it should do, and gall-stones are formed in the gall-bladder, thus producing jaundice, and almost every form of liver complaint. All these causes should receive our earliest attention; and if any weakness of the abdominal belts is suspected, abdominal support should at once be employed.

PAIN IN THE SIDE AND BREAST, PRODUCED BY FALLING OF THE BOWELS.

A vast many cases of pain in the side are caused by weakness and relaxation of the abdominal belts. Pain in the breast is also produced by the same cause. I have witnessed such a vast number of cases of this kind, that I think two-thirds of the instances of pain in the side and breast in ladies arise from a falling of the bowels. When pain in the breast, or either, or both sides, is occasioned by weakness of the abdominal belts, and consequent falling of the bowels, it is rarely much helped by blistering, or setons, or issues, or sores, but is constantly apt to return in a short time after being stopped by any of these remedies. In those cases, the only permanent cure is derived from abdominal support. I have cured cases of pain in the side, of many years standing, after repeated bleeding, blistering, setons, emetic tartar sores, &c., had entirely failed to remove the pain. In fine, where the abdominal muscles, or belts, are much relaxed, or dragged down, all their upper ends, or attachments, are more or less liable to pain, and at times all over them.

WEAKNESS, PAIN AND HEAT IN THE BACK AND SPINE, PRODUCED BY WEAKNESS OF THE ABDOMINAL BELTS, AND DRAGGING DOWN OF THE BOWELS.

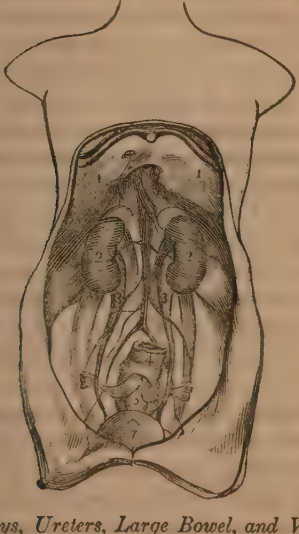
By looking at Plates B and A, you will notice, that for a considerable distance the small of the back has no ribs going from the spine, by which it is strengthened, but that it consists of one column of moveable bones, and the ends of a considerable portion of the abdominal belts are tied to it; so that in this way the spine of the small of the back is obliged to bear up all the contents of the abdomen. In a straight person, who does not stoop much, this weight is but little; but in a person who stoops much, and whose abdominal belts are re-

taxed, it is greatly felt, producing great pain in the small of the back, that may extend up the spine, to the neck, causing heat in the spine, and soreness, and every symptom of a true spinal disease, in its earlier and milder forms. Abdominal support in all these cases is required. I would here remark, that the abdominal supporter should perfectly relieve the spine, and not bear on it, or cover it, or heat it at all; but the pads should go up on the ribs, and down on the hip bones, so as to completely relieve the spine of any pressure or swaddling whatever. Some of the worst spine diseases I ever saw, were produced by pads of trusses, and supporters, resting in the small of the back, and pressing on the spine.

GRAVEL PRODUCED BY FALLING OF THE BOWELS, &c.

By looking at Plate S, you will see the position of the kidneys each side of the spine, just above the point of the hips, and behind all the other contents of the abdomen. You will notice, also, two pipes that go, one from each kidney, forwards and downwards, behind the floating bowels, and down into the basket of the hips, to the back of each side of the bladder. These pipes, five to eight inches long, carry the water from the chamber of each kidney to the bladder. Now, then, when the floating bowels roll downwards, they often fall upon these pipes, and close them, more or less, so that the water is prevented from passing into the chambers of the bladder. This throws it back into the kidneys, and soon fills up the kidneys. The water usually has salts, and earths, and acids, &c., which it holds very lightly in solution. These salts, when the water stands for any length of time, soon separate from it, and fall down. This you can daily see in the chamber-vessels. These earths, in a short time, will glue together, and form masses, more or less large, from the size of grains of fine sand, to lumps that weigh several ounces. At times, all the walls of the chambers of the kidneys, and the pipes that carry the water from them to the bladder, are encrusted over with this sand. When this earthy matter is in the form of fine sand, it is called gravel. If it cements into masses larger than small peas, it is called stone. The pipes that carry the water, from the kidneys to

PLATE S.



Kidneys, Ureters, Large Bowel, and Womb.

1, 1, the Midriff, or floor of the Lungs. 2, 2, the Kidneys. 3, 3, the Ureters, or pipes that carry the water from the Kidneys to the Bladder. 4, the upper end of the straight Large Bowel, or back passage through the Basket of the Hips. 5, the Womb. 6, 6, the Ovaries (see page 242). 7, the Bladder

the bladder, are called the ureters; they have no popular name, that I have ever heard of. When the ureters are obstructed, and the water thrown back into the kidneys, its earliest effect is to cause great heat in the small of the back, and, at times, great soreness each side of the spine, just above the hip. Sometimes almost feeling as if in the hip, and even lameness in the hip will at times take place. If only one pipe is obstructed, one kidney only will be affected. Gravel is one of the most painful diseases to which we are liable. Sometimes pieces of stone will pass from the kidneys along the water-pipes to the bladder, and, if large, usually causing the most distressing and insufferable pain of which we are susceptible. The sufferer now is

said to have fits of gravel. More usually, the gravel passes in the form of white and red sand, which in a short time falls down to the bottom of the chamber-dish, or rests on its sides. Along with the sand, more or less, is often seen quantities of thick, soft, soapy-looking matter, or mucus, that also settles to the bottom of the dish. At times the water is very thick, and scanty; at other times, for longer or shorter periods, the urine is nearly white, and very much of it, and its quantity causes great weakness in some ladies; occasionally great heat and scalding are felt in passing water, and a frequent inclination to do so, and sometimes, but rarely, the water cannot be retained but a short time, or passes off involuntarily. Sometimes the water is brown or dark colored, and has a bad smell, and stains the linen. Gravel occurs in all ages and conditions, from infancy to extreme age. Frequently sudden stoppages of the water occur, and none passes for hours, and even days, causing horrible pain and great danger.

Gravel, in some ladies, produces, if much aggravated, the most distressing weakness and fever in the small of the back, so as wholly to prevent walking, and to confine the lady to her bed for months, and even years. In July, 1845, I was consulted at Fall River, in Massachusetts, by Mrs. Mary F. Gardiner, (see her letter, Case III.): she had been confined to her bed four months, unable to walk or stand, nor could she rise from bed without assistance; in fact, having to be lifted entirely out on a sheet. She had falling of the womb and bowels, and, with it, very bad gravel. She had consulted several eminent physicians, without obtaining relief I gave her her remedies, and saw her twice. In three months, she was perfectly cured. Gravel is easily cured; in some persons, it requires a perseverance in the use of suitable remedies for several months. It is a dangerous disease for consumptive persons, as I have mentioned in another place. I do not recollect ever to have met a case of gravel, however aggravated, that I did not cure, when my remedies were faithfully used, and persevered in for a sufficient length of time.

Having now referred to most of those diseases in the trunk of

the body, that at times arise from falling of the bowels, induced by relaxation of the abdominal belts, I will proceed to notice some diseases of the organs or parts in the basket of the hips. The first of these I will notice is,

PILES.

The disease called piles has its seat at or near the lower extremity of the back passage. Rarely does it extend up the passage more than one or two inches. I am disposed to think that piles, in nearly all cases, arise from falling of the bowels. By referring to the plate S, you will see that the large bowel, just as it enters the basket of the hips, is tied to the back-bone, and all its course through the basket of the hips is straight and smooth, and tied nearly its whole length to the solid bone: it is called the straight bowel, and forms the back passage through the basket of the hips. The bowels, when they fall down, in a great many cases, fall directly upon the large bowel, where it is tied to the back-bone, and by pressing upon it prevent the blood from returning up the large bowel. You will understand in a moment how this can, and does take place, by tying a piece of thread tightly around the finger; in a short time you will notice that the end of the finger swells, and is soon almost ready to burst. Should you allow the string to remain long on the finger, blood would be seen oozing out from under the nail, and inflammation and a dreadful sore would be the consequence. Exactly in this way piles are produced. Should a person have any humor in the blood, such as scrofula or salt rheum, it might settle on the part affected by the piles, and in such a case would greatly aggravate the piles, and make them vastly worse than they otherwise would have been. Ladies in the family-way are often cruelly afflicted with piles, because the womb falls on the upper part of the back passage, and prevents the return of the blood, as I have before explained. Piles are a very disagreeable disease, and often are so bad as to greatly injure health, and in this way predispose to consumption. At times, great quantites of blood will be poured out, so that the sufferer is threatened with death from this cause. Most dis

agreeable itching is often produced. I have never yet seen a case of piles I could not cure. It may be cured temporarily, for months, or even years, by an ointment or by internal medicines; but a permanent cure is perfectly insured, by perfect abdominal support. Piles should always be cured, and not allowed to break down the general health, and thus lead to other diseases. Very rarely is any operation required.

Both internal or blind piles, and external, arise from the same causes.

FALLING OF THE LARGE BOWEL

Falling of the large bowel, or back passage, at times takes place, and is most unpleasant and frequently very dangerous. I have known one most distressing death from this cause, in a single lady of thirty-five years old. The bowel will, at times, fall very much out of the body. A perfect cure is obtained by proper support. In severe cases, ointments are also required for a short time, to give strength to the bowel, so that it will stay up in its place, also baths.

PAINS IN THE LIMBS, PRODUCED BY FALLING OF THE BOWELS.

The bowels falling down, will often press upon the great nerves that go out of the basket of the hips, and so down the lower limbs, &c. (See Plate V.) I was consulted, two years ago, by a middle-aged lady in Connecticut, for most distressing pains in her limbs, occurring on walking or standing long, or sitting for any length of time. Occasionally these pains were all but insupportable, obliging her to lay down, and have the limbs rubbed for hours together, before the circulation would return, and the pain leave the limbs. She was cured in less than one week by abdominal support.

SWELLING OF THE LIMBS, AND, MORE OR LESS, DROPSY IN THE FEET, BY FALLING OF THE BOWELS.

By referring to Plate V, you will see the large veins that come up from the lower extremities, and pass through the walls of the abdomen. Now, when the abdominal belts are relaxed, and the floating

bowels fall down, they occasionally fall upon the large veins that come up from the lower limbs. The effect of this obstruction, even when slight, in some persons, is to cause greater or less swelling of the feet and legs. This is partly the reason why the feet of a great many ladies swell, on standing or walking for any length of time. I was consulted in August, 1844, by a lady in Weathersfield, Connecticut, on account of great swelling of her feet and ancles, that occurred on standing or walking for any length of time. She was perfectly, and entirely, and permanently cured in a short time, by wearing an abdominal supporter.

SWELLINGS OF THE VEINS, OR WHAT ARE CALLED VARICOSE VEINS.

The same causes that produce swellings in the ancles and feet, &c., will, in some ladies, though more rarely, produce swellings, greater or less, of the veins of the legs and feet. The veins, in some persons, in place of being the size of a knitting-needle, or a little larger, attain the size of a large goose-quill, and become hard, and run together in knots, feeling to the fingers like bunches of worms. These swellings are disagreeable, and at times dangerous. Instances have been known of these vessels bursting, and the persons bleeding to death. Abdominal support is useful in the early stages.

BAD SORES ON THE LEGS, &c.

At times, very large, obstinate, running sores will occur on one or both ancles, or feet, or legs. These sores arise from the same cause, in a great many cases,—which is a stoppage of the blood ascending through the abdomen. These sores can always be cured by suitable remedies, joined with abdominal support.

INCONTINENCE OF THE URINE,

Or Inability to retain the Water for any length of time, from Falling of the Bowels, &c.

By referring, for one moment, to Plate S, you will see how easily, in some cases, the bowels may fall down, so as to press upon the bladder, and, in this way, make the bladder tender and irritable, and

so reduce its size that it can hold very little water, thus obliging the sufferer to pass water every few moments, or causing it to pass off in drops, or suddenly, in an involuntary manner, &c., &c. This unpleasant state of things occurs, in some cases, with ladies who are quite young. Abdominal support, with suitable medical remedies, will cure this truly mortifying trouble in a very short time.

STONE IN THE BLADDER.

I have before explained to you how falling of the bowels will, at times, produce gravel, or cause it to form in the kidneys, water-pipes and bladder. Falling of the bowels, by stopping the water and making it thick, will often take a part in causing stone in the bladder, with all its distressing symptoms, characterised by, at times, too much water, then too little, or again an entire stoppage of water, or it will begin to pass well and stop suddenly, with still the most urgent desire to pass it; also, urgent desire to pass the water very often heat and scalding of the water and burning; bloody discharges, often pure blood; mucous discharges; discharges of matter; thick dark settlings in the water on its standing a short time; very difficult to ride on horseback or in a carriage; pain and heat in the bladder, &c.

The Cure.

Most physicians have an idea that stone in the bladder cannot be removed without being cut out,—a most terrible and dangerous operation,—or else it must be broken up in the bladder by instruments, so that it can be washed out. This last operation is dangerous, and very often impossible to be done. It is always very painful. I know, from positive experience, and observation, that stone in the bladder can be dissolved by suitable medicines, and so entirely washed out. It may require twelve to twenty-four months to do this in a gentle way, without giving pain or producing any bad consequences whatever, and keeping the person in a state of the greatest comfort, until the stone is finally dissolved by little and little, and it all comes away. Should we find with this a falling of the bowels, after all tenderness is removed from the bladder, we may put on an abdominal supporter

but whilst heat and tenderness are found in or about the bladder, an abdominal supporter will do hurt instead of good.

WORMS IN THE BACK PASSAGE, OR LARGE BOWEL, WITHIN THE BASKET OF THE HIPS.

I have, in another place, spoken of worms, and their bad effects upon the health. I only now speak of a worm that chiefly stays and breeds in the larger bowel at its lower part. These worms are not much larger than a knitting-needle, and hardly longer than a grain of rye or barley. They occur in persons of all ages, in children and in adults, and in old persons, producing very great derangement of the general health, and often most intolerable itching in the lower bowel. The usual remedies employed,—namely, cathartic medicines, aloes, and strong physic, and injections,—will bring away great numbers of them, but will rarely cure them, so that they will soon come again in great numbers, as before. I have had the pleasure of discovering within the last three years, a remedy that will expel these worms entirely without the use of physic, injections, or causing any pain or inconvenience to the patient. They should not be allowed to remain, but be removed. All worms are easily cured and expelled.

FALLING OF THE WOMB, PRODUCED BY A FALLING OF THE BOWELS, &c.

I have before told you of the situation of the womb,—that it is situated at the top of the front passage, and between the bladder and back passage. The womb (uterus) is in shape like a pear, or like a balloon; the small end, or neck, is downwards, hanging into the front passage. The womb is closed, save at its lower small end, where there is a small opening. The large end of the womb is uppermost, when in its natural place. (See Plate R.)

The ovaries are two little yellowish balls, situated on each side of the womb, at a little distance from it, and communicate with the womb by little pipes, that go from the balls to the womb, and enter the womb on each side near its top. (See Plate S.) I shall speak of the use of the ovaries in another place.

The womb, in its natural position, is situated exactly in the centre of the basket of the hips, towards its top. It does not sway one side more than another, nor does the womb fall backwards on the back passage, or forwards upon the bladder, nor does it fall downwards into the front passage, if in health, and in its natural place.

No organ or part of the female frame is so liable to dislocation as the womb, and this dislocation, if much, prostrates the female, and produces great injury to the powers of life. The slightest changes in the position of the womb may affect the female health, and make her an invalid in a short time. I will now mention some of the changes that take place in the position of the womb, and the consequences arising from them.

The womb is always disposed to keep exactly in its place, if not pressed upon by other bodies. I believe, in ninety-nine cases out of a hundred, the womb is never moved from its place, unless the bowels from above fall down upon its largest and uppermost end. Sometimes by bad falls, such as being thrown out of a carriage, and falling sideways on the hips, or flat on the back, or on the stomach, the womb may be thrown to one side, or backwards, or forwards; but these cases are very rare. The almost universal cause of dislocation of the womb, is the falling of the bowels from above, upon the womb. Sometimes the womb is congested, and greatly enlarged, from miscarriages, and other causes, so that its weight is much increased, and it falls down by its own weight. By looking at Plate S, you will see that the womb is very large, and broad at its top, and presents a large surface, on which the falling or dislocated bowels, or any part falling into the basket of the hips, may strike, or impinge. The womb hangs in the basket of the hips, by ligaments. It is moved out of its place with difficulty by anything that comes against it from below, but almost the slightest touch from above, striking on its large end, will move it out of its place. By this, and by falls, the top of the womb may be thrown backwards, upon the back passage, doubling on itself, or it may, in the same manner, fall forwards upon the bladder. At other times, whilst the top of the womb falls on the back passage, the neck, or lower end, will pass over against the bladder Sometimes the womb falls to one or other sides of the basket

of the hips. This is often the case where the womb falls downwards much. The most common change, by far, is when the womb falls directly down into the front passage. I will now speak more particularly of some of these changes in the position of the womb.

TOP OF THE WOMB FALLING BACKWARDS, AND STRIKING ON THE BACK PASSAGE.

This change is not very frequent; when it does take place, the unfortunate lady experiences the most horrible pain in the small of the back,—almost total inability to sit, stand, or walk, or even lay down. In her agony, after trying every position, she usually finds most relief by putting herself on her knees in bed. In this position she will often remain hours, and whole nights and days, until the womb falls back to its place. Hysteric fits, at times, take place from the extreme agony and pain. I once knew a very accomplished English lady, who had a falling of the womb in this way, at times, for years. She consulted the most eminent medical men in London, with little or no relief; nor could they explain to her the cause of her malady. After living a terrible sufferer for six years, she visited Philadelphia, and consulted a medical gentleman there, who, on examination, discovered that it was a dislocation of the top of the womb, and its falling backwards on the back passage. The use of suitable remedies soon relieved her.

FALLING OF THE TOP OF THE WOMB FORWARDS.

When the top of the womb falls forwards, it strikes on the top and back part of the bladder, usually causing a total inability to retain the urine. Either it passes off involuntarily, or she is forced to pass it every few minutes. Great pain is felt in the bladder, and in the stomach, and, in fact, all over her. Relief is usually obtained temporarily by laying on the back.

FALLING OF THE WOMB INTO THE FRONT PASSAGE.

The womb falling directly down into the front passage, or downwards, or a little to one side, is by far the most common form of falling of the

womb, and is nearly always produced by the falling of the bowels from above upon the top of the womb, by which accident the womb is pushed downwards, into the front passage, and, at times, entirely out of the body. At times, it falls, because its weight is much increased by disease and enlargement of it, from child-bearing, or miscarriage.

SYMPTOMS OF THIS FORM OF FALLING OF THE WOMB.

The following are some of the prominent symptoms of falling of the womb: Extreme weakness in the small of the back; pain and heat in the same part; inability to walk much, especially going up-stairs, or up a hill; easily, very easily fatigued, on exercising much; appetite capricious,—sometimes good, and again none at all. The lady, on first rising in the morning, feels usually quite well; on going about, or attempting a little exercise, she, in a short time, begins to feel indisposed, and, shortly after, must sit down, quite exhausted, and out of heart,—spirits all gone, believing that she must always be sick. She is nervous, easily overcome, and subject, on much hasty exercise, or unusual exertion, such as lifting a weight, to be seized with tremblings all over; her inmost flesh seems to tremble in all its parts; she is listless and languid, and feels disposed to spend much of her time in bed. Sometimes she will experience the most excruciating pain at the very end of the back-bone, weakness across the hips, and across the bowels. She feels an indescribable sense of sinking at the pit of the stomach, and all gone. She has a feeling, as if cut in two, below the pit of the stomach. She often has most distressed head-aches; at times, great heat in the top of the head; at other times, she feels as if a heavy weight was pressing down on the top of her head,—ringing in her ears, specks float before her eyes, distressing pains in the limbs, &c. Sometimes does not sleep well; sometimes complains of a cold spot on her head, &c., &c. All these, and many others, are felt at times, not all at once. Rarely does any one lady ever feel all these symptoms; but they are all found in every ten ladies who have falling of the womb. Bearing down is one of the most common and distressing symptoms, —a feeling, on walking or standing, as if every thing was coming out of the body.

DISEASES PRODUCED BY A FALLING OF THE WOMB.

Falling of the womb is very apt to induce more or less disturbance of the bladder, and trouble in passing water. Great heat and scalding is felt in the front passage at times. Besides these inconveniences, the following diseases may be produced in persons predisposed to them, or to a humor, or to scrofula:

SPINE DISEASE, PRODUCED BY FALLING OF THE WOMB.

In nearly every case of falling of the womb, pain and heat are felt in the small of the back; yet, in the early periods of this misfortune, there is no spine disease, and bleeding, cupping and blistering, and tartar emetic sores, in place of doing good, only do hurt; but after a long time, in those who are scrofulous and in any way predisposed to spine disease, it will take place, and tenfold aggravate the other complaint.

LEUCORRHŒA, OR FLUOR ALBUS.

This most disagreeable disease is, in nearly all cases, produced by a falling of the womb. Even when the womb is but slightly moved from its place, leucorrhœa will at times be produced. In some instances this complaint causes very profuse discharges, and greatly weakens the lady. By its debilitating effects, it often tends to consumption. To cure leucorrhœa, besides abdominal support, a little medicine at times is required. It is easily cured, and never should be allowed to afflict the female. Many a family is rendered wretched by this disease, and many a lovely woman childless.

BARRENNESS.

Barrenness can hardly be called a disease, but is usually considered a great misfortune. I will endeavor to explain how it is produced by a falling of the bowels. I have told you, that on each side of the womb is placed a little ball, that is connected with the womb by a pipe. (See Plate S.) Now, in order to have children, at least one of these pipes must be open. It happens, at times, that these pipes are closed, and kept closed, by the bowel falling down upon them. In some cases, when long continued, these pipes grow entirely up,

and thus occasion hopeless barrenness. This is not the only cause of barrenness, but is one of its causes.

Barrenness, at times, is produced by a closing up of the neck of the womb. I have had the pleasure, by recommending suitable remedies, to see ladies have children who had thought it impossible, and in a vast many cases, after many years of unprolific married life.

MISCARRIAGES FROM FALLING OF THE BOWELS.

One of the greatest misfortunes that can visit any lady, is to have the fruit of her womb torn from her by an untimely birth. From such she usually dates broken health,—oftentimes sinking into consumption, suffering, at the time of the miscarriage, the most dangerous floodings, inflammation of the womb, &c. No lady ever suffers a miscarriage that it is not at the peril of her life. I firmly believe that ninety-nine cases out of one hundred of miscarriage are produced by falling of the bowels, and may be perfectly prevented by proper abdominal support. All ladies, whilst in a family-way, should have the abdomen well supported, so that even a severe fall will not induce a miscarriage. After one miscarriage, medical treatment is required, besides abdominal support.

After a miscarriage, the lady in all cases should employ abdominal support, and take all measures for the perfect restoration of her health. At least one half, and in many cases nearly all, the bad consequences of a miscarriage arise from bad or injudicious treatment after it. I have had many hundred cases of ladies who had suffered by one or more miscarriages. I do not recollect a case where they were not restored to health, when they followed my directions, and I have frequently seen them become happy mothers of many children, born at the full time. Among many hundred cases I will mention one only. I was consulted in April, 1845, by a lady at New Bedford, Mass. She was rather young and had suffered several miscarriages. Some months before I saw her, she miscarried, and lost an immense quantity of blood; her general health was before wretched, but after the last miscarriage she could do nothing, and could with difficulty ride in a carriage, could walk very little, and hardly lift a book. For years a physician called at her house from three times a week to three

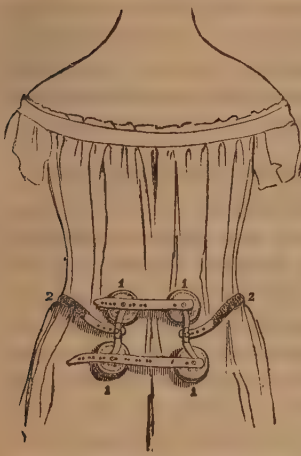
times a day. I gave her her remedies. I saw her six months afterwards in perfect health, such as she used to enjoy when young. Her husband said to me, it was a matter of more surprise to him than he was able to express, to be able to say that they had not been obliged to consult a physician once since I prescribed for his wife, six months before. (See Case II. this Discourse.)

FLOODINGS FROM FALLING BOWELS AND LOW GENERAL HEALTH.

Many single ladies suffer very much from excessive discharges of blood. Many married ladies suffer the same, especially those who have suffered miscarriages. Ladies, after fifty years, often suffer very much from these discharges. The effect is to reduce the strength, and prepare the way for a rapid decay, in many cases. Consumption often arises from this cause, and dropsies, &c. &c. The affection is easily cured. (See Letter, page 276.) I do not now recollect a case, that by a little medicine, and proper abdominal support, was not soon cured.

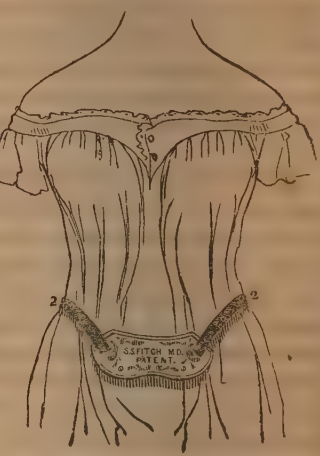
I have now enumerated a long list of frightful diseases that are usually caused by falling of the bowels, and relaxation of the abdominal belts. Some are peculiar to married ladies, but nearly all are incidental to both married and single ladies. All are dangerous. All tend to decay of the system, and incline to cut off the thread of female life at an early day. All are certainly and infallibly curable, if taken at the proper time, and not allowed to go on for many years, until the powers of life are destroyed. I will remark, that all these diseases are not found in every case of falling of the bowels, but in each case of falling of the bowels, some of the diseases I have mentioned to you take place. Allow me to repeat, all diseases arise from loss of symmetry, external or internal, or from poison. Nearly all slow and wasting diseases arise from loss of symmetry and poison, especially all those I have mentioned. I would urge you to seek symmetry of person, both external and internal, as a grand guarantee of good health and long life. It is in the power of every lady to possess it.

PLATE M. PLATE L.



Back View of the Supporter.

1. 1, 1, 1, the back pads of the Supporter.
2, 2, Ends of the Springs that come from the waist.



Front View of the Supporter.

2, 2, Springs that go from the front pad, up around the waist.

ABDOMINAL SUPPORTERS.

It is proper that I should speak to you a few words upon the instruments that should be used for abdominal support. Although you may perfectly understand that you may be cured by abdominal support, yet, if the instrument you use is not properly designed and constructed, and then made of a suitable size, and properly fitted to the patient, it will do little or no good, and often produces a great deal of mischief. In many cases, a supporter may be worn without previous preparation. In other cases, the patient requires to be aided by other remedies, before using the supporter. A great many abdominal supporters have been made and worn, some of which have some merit, and others very little; I cannot pretend to describe these supporters, but will tell you what they ought to be and do. You will recollect the supporter should perform a twofold object; one is to support the spine of the small of the back, and the other object is to

lift the bowels upwards, and not press them down, as a flat pressure upon the abdomen would do. Supporters worn within the front passage, I do not use in one case in five hundred patients. In a vast many cases, supporters worn within the person produce incurable disease of the womb, and change a most curable disease into one that never can be cured, and renders the lady a distressed invalid whilst she lives. All the supporters I use, save in exceedingly rare cases, are worn outside the person. They consist of a neat and well-stuffed pad, that rests against or rather under the abdomen, just above the cross-bone in front. The pad is so formed, and so presses, that it lifts the whole abdomen and bowels upwards, and does not press in such a manner as to lay flat on the bowels, and so press a part of them downwards into the basket of the hips; thus causing the very evil we wish to prevent. To this pad in front, two delicate watch-spring tempered steel springs are attached. These springs go up entirely above the hips into the waist, and around into the small of the back, so as not to touch the hips, or interfere with them at all. They do not go around the hips, but go entirely above them. In the small of the back are four small pads connected with the springs of the front pad. The small pads do not rest in the small of the back, but two of them rest on the flat part of the hips behind, and two of them rise up on to the short ribs at some distance each side of the spine. Nothing is allowed to press into the small of the back, or to press at all on any part of the back-bone. The instrument is neatly covered and padded, so as to produce no unpleasant pressure anywhere. The only feeling is that of support. The instrument weighs about four ounces, and is so perfectly elastic as to embrace each part like a well-fitted, beautiful glove. (See Plates L and M.) In a very short time, not the least sensation is experienced, except a feeling of perfect support. No fatigue is produced, or the least disposition to take the instrument off. On taking off the instrument, so elastic is it, that it folds itself entirely up, all of its parts coming together. The pressure is equal on both sides of the waist, and not more on one side than another, so that it does not make the wearer bend over to one side, as some supporters do. No feeling is produced that one side of the supporter is stronger than another. No heat is produced any-

where. The instrument is worn over the linen, and not next to the person. It produces no sensation of being tied up, or swaddled up, as some instruments do. Twelve months ago, I gave one of my supporters to a very accomplished lady, who had suffered greatly from falling of the womb, and its consequences. In a few days, she told me, that in a residence of many years in London and Paris, and this country, she had never found any instrument that could compare with mine, for its perfect support—the absence of all inconvenience whatever, allowing her to ride, walk, and dance, with no other consciousness of the presence of the instrument than its perfect support.

WHAT A SUPPORTER SHOULD NOT BE, OR DO, AND NEED NOT BE, OR DO.

A supporter should not be heavy, or cumbersome, so that any sensation of weight, or fatigue, is produced by wearing it. Again, a supporter should not press at all on the back-bone, anywhere. As bad spine diseases as I ever saw, were produced by the supporter pressing on the spine, or back-bone. Again, a supporter should not be made to swaddle up the hips and small of the back, so as to produce heat about the back-bone especially, or stomach, or hips. The India rubber supporters, or those made wholly, or in part, of the elastic India rubber stuffs, are extremely objectionable, from the heat they cause; and in this way tend to produce great weakness and debility of the back, and loins, and hips, and abdominal belts. Finally, a supporter should not be so contrived as to wear it next the skin. It should be worn over the linen. Sometimes a small pad is carried down below, and in this case it is worn next the skin, but it is only a perineal pad.

EFFECTS PRODUCED BY WEARING A SUITABLE AND PERFECT ABDOMINAL SUPPORTER.

The effect produced by wearing a suitable and perfectly-adjusted abdominal supporter, is often nearly miraculous. The weak voice is strengthened; the weak lungs supported; the heart ceases its palpitations; the food sets better on the stomach; costiveness is relieved; chronic diarrhœa is stopped; piles are cured; sinking, all-gone feeling at the lungs, stomach, or sides, is relieved; bearing down stopped;

miscarriages prevented; floodings stopped; leucorrhœa cured; spine gets stronger. The lady who could not walk, is soon able to walk well. She who could not even sit up, save for a few minutes, can now sit up all day, or as long as any one. Falling of the womb is cured; and, in longer or shorter periods, loses all its tenderness and weakness, and goes permanently back to its place. Barrenness, in some cases, gives place to fruitfulness. The female constitution is renovated, and a way is prepared for years of good health.

Will the supporter do all this without medicines, or any other aid?

In reply to this question, I answer, that before disease begins, the supporter will usually prevent all the diseases, or affections, I have mentioned; but, after actual disease or disorder is present, in nearly all cases the patient requires medical advice, and more or less of suitable and appropriate medicines. I employ an abdominal supporter as a most valuable and indispensable medical or surgical assistant; but in nearly all cases, it does not, and cannot, be so effectual as to preclude other remedies. In fact, in a vast many cases, all the remedies require to be used in order to be certain of a cure. One secret of the great success with which I have been favored, is, in doctoring all diseases which a person may have at once, and at the same time, and neglect none. In this way, all will often get well together, and the sick be restored to perfect health. To give one example, I once doctored a lady who had ulcerated lungs,—true consumption; besides this, she had very bad dyspepsia, chronic diarrhœa, bad piles, falling of the womb, leucorrhœa very bad, partial stoppage, and scalding of the urine, lame, weak back, &c. Here were seven distinct diseases, besides the consumption; and each one might exist without any of the others. Now, were I to doctor one or two of these, and let the others alone, I might help the ones I doctored, but the cure would hardly ever be perfect. As soon as the medicines are left off, the old diseases not cured would bring the others on. Many persons would start at the idea of taking several kinds of medicines on the same day. Herein is shown the skill of the physician, to prepare his medicines so that no one will prevent the good effects of the other, but all help each other, and be so suitable to the diseases as to cure

them, and so mild and gentle in their effects, as not to weaken or distress, or in any way aggravate the patient's sufferings, but to soothe and relieve them all.

Who should wear an abdominal supporter? When should they be worn?

I reply, that every delicate lady, and, in fact, every female, should have a perfect, and pleasant, and well-adjusted supporter at her command,—one that fits her well; and, whenever she feels any of the weaknesses I have mentioned, she should wear her supporter. Ladies who stand a great deal, or take long walks, or who go up and down-stairs much, who take long and fatiguing journeys, who are nursing, who lift much, or are debilitated from any cause, should wear a supporter. Some ladies should wear a supporter one month in a year, and others are required to wear it nearly all the time. Its timely and judicious use will contribute vastly to prevent the approaches of disease,—will confer much comfort, and add many years to life.

SYMMETRY OF MIND ESSENTIAL TO HEALTH AND LONG LIFE.

In conclusion, I cannot pass over the vast importance to health, that the mind, in all its parts, should be well balanced,—no one attribute of mind acting at the expense of the others. A disordered and distempered mind is totally incompatible with health and long life. It soon destroys the body of its possessor. Tranquillity and repose of mind are indispensable to health and long life. It is an interesting fact, that all the vices contribute to disturb the mind, whilst all the virtues contribute to its repose and tranquillity. The effect of vice is to shorten life, and destroy health whilst we live. On the other hand, virtue, in all its demonstrations, inclines to lengthen the duration of human life. Now then, ladies, allow me to urge you to cultivate symmetry of mind. Repel from your minds all corroding cares, all unnecessary anxieties, and every thing in the shape of secret vices. Secret vices are like that destructive vermin that establishes itself in the heart of the choicest and most promising fruits, and eats

out all their virtue and substance. Never allow remorse, revenge, envy, hatred, or malice, to take possession of your minds. These conditions of the mind deepen all the lines of the face, sharpen all the features, and give to their possessor the appearance of premature age, and call down upon her, who should and could be the delight of all eyes, the epithet of "hag." But, on the other hand, internal purity, and the practice of benevolence, the exercise of generosity, of kindness to all, "thinking no evil," practising no evil, cultivating the fullest cheerfulness, will soothe and soften the coarsest brow. Above all, the whole mind requires an anchor that shall stay it in all the storms, vicissitudes, and troubles of life. This anchor is obtained in pure and undefiled religion,—a constant reliance, in all trials, upon God our Saviour. Practise, judiciously, the precepts of health I have taught you, for your bodies. For your minds, "never be wise above what is written," but learn and practise all the teachings of our blessed Saviour, and your persons will be full of strength and beauty; your days will be filled with joyous health, and your lives be long, prosperous, and happy.

Ladies, in concluding these two lectures, I take the liberty to present to you a few letters, selected out of a large number of the same character, from ladies who have realized benefits by pursuing the course I have indicated in the foregoing lectures. The object is to obtain your perfect confidence, so that you may preserve your health during a long life, and should sickness invade that, that you may never despair of a perfect recovery. Without a share of your confidence, you will not be induced to follow the directions pointed out in the lectures.

To ensure this confidence, I subjoin a few letters from intelligent ladies. In reading them, you may perceive a mirror, reflecting wholly, or in part, your own cases, and learn by the gratifying results how much you, yourselves, may be benefitted. To some of these letters I have appended a few explanatory remarks.

CASE I.—*Mrs. A. W. Kingsley.*

In February, 1845, this lady called on me in Providence, Rhode

Island. She is one of the most accomplished female teachers in that city. In the arduous pursuit of her laborious profession, she had greatly impaired her health; had nearly lost her voice; experienced a very bad sore throat; great pain and weakness about the top of her chest. These symptoms became so aggravated, that in October, 1844, she was obliged to relinquish her profession altogether, and for five months past had been an invalid. She called on me on Friday morning, and after stating her case, told me that the next Monday the spring term of her school would commence, and said it would give her infinite pleasure could she then resume her duties in the school. I gave her her remedies, with careful directions. On Monday following, she resumed her occupation in the school, and although the same occupation that had previously made her ill, yet so effectual and appropriate were the remedies, and so persevering her use of them, that in a few weeks she recovered her health. The next May I received the following letter from her:

Copy of a letter from Mrs. A. W. Kingsley to Dr. S. S. Fitch.

"Providence, May 21st, 1845.

"Dear Sir,—I should have written to you before this, but my directions got mislaid, therefore I was unable. My health is very good: there is no soreness in the throat, but some pain, if I read aloud, a short time, although it does not trouble me at all in my daily occupation; therefore I have great cause for encouragement and thankfulness. On the whole, I have not enjoyed such good health for more than a year, and your supporter I can speak of in the highest terms; I should not be willing to part with it on any account. I think it has done more for the improvement of my health than all the medicine I have taken. It appears to support the whole frame. Your patients, Misses Angell (see page 151) and Tyler, are improving in health, especially Miss A. She has not been so well for a long time I must speak of the inhaling tube you gave me, which I consider a valuable present, and am greatly obliged to you.

"I am, with respect, yours, &c.,

"A. W. KINGSLEY."

CASE II.—*Mrs. Emeline M. Howland.*

This lady called on me at New-Bedford, in April, 1845. Her health had become so impaired, that for a year previous to consulting me, she had been unable to do anything in her family, and was nearly all the time under the care of her physician. She called on me on Saturday evening,—on Monday morning following she resumed her duties in her family. I saw this lady six months afterwards, accompanied by her husband. She called on me; she had become fleshy, and was in perfect health. Her husband told me, that for many years some physician or other had visited their house professionally, from once a week to three times a day; "and now," said he, "to our utter astonishment, when we think of it, no physician has been called to visit us since my wife received her remedies from you."

Copy of a letter from Mrs. Emeline M. Howland to Dr. S. S. Fitch.

"New Bedford, Mass., June 23, 1845.

"DR. FITCH:

"Health is a blessing that I have not enjoyed since a child, and for the last eight years have suffered much, and never expected to enjoy it again; and have expected to drag out a miserable existence, and find an early grave. Often have I desired a quiet night's rest, but in vain. You have only to turn to your notes, and view what my situation was when I called on you, a few weeks since, with but little faith, and small hope. I took your supporters, medicine, and directions, and returned home, encouraged by your advice. With great resolution and perseverance, on my own part, and from your supporters, medicine, and advice, I have received great benefit. I now enjoy good health. I feel that I have just began to live. I can rest sweetly all night. I think I never enjoyed life so well before. In truth, I must say, the benefit I have received from your medicine cannot be expressed. Accept this slight testimony of my gratitude, for the benefit I have received from your directions. I think I shall never be afraid of cold water again. Miss Anna Bunder is much better, especially as regards her throat than when you were here. Respectfully yours,

"EMELINE M. HOWLAND."

CASE III.—*Mrs. Mary F. Gardiner.*

In July, 1845, I was requested to visit this lady. I found her in a very bad state of health, a helpless invalid. She had been confined to her bed upwards of four months, and was wholly unable to stand or walk; she could not rise from her bed; two or three persons were required daily, to lift her in and out of bed. She experienced great pain and weakness in the small of her back, suffered excessively from gravel, falling of the womb, &c.; on being placed in an upright posture, experienced excessive bearing down, and disposition to faint, with utter prostration of strength. All the medical aid she could obtain had entirely failed to relieve her; she utterly despaired of ever being able to walk again, being strongly predisposed to hereditary consumption. Her case was extremely critical. In September, I received the following letter, and about the middle of October, twelve weeks after I first saw Mrs. Gardiner, I met her brother, who informed me that his sister was now in excellent good health, and was able to walk about town and attend to her duties as well as any lady.

Copy of a letter from Mrs. Mary F. Gardiner to Dr. S. S. Fitch.

"Fall River, Mass., Sept. 7th, 1845.

"Doct. S. S. Fitch:

"It is with great pleasure that I avail myself of this opportunity, to inform you respecting my health. It is greatly improved in some respects, since I began to take your medicine, six weeks ago last Wednesday night. I have not been so well of costiveness for nearly two years, as at present. My appetite is good, and causes very little heaviness, or distress in my stomach, to what it did. My head is better than it has been for more than two years, yet I am still weak, and have to lie down once or twice in the forenoon, and as many times in the afternoon. In three weeks from the time I began to take your medicine, I walked out of doors as far as the gate, and have been, since that, to the nearest neighbor's. My greatest weakness is now in the small, and low down in my back. I have tried to be as careful as I could, but by some means, I cannot tell how, whether it is the sudden changes of the weather or what, I have had a bad cold about a fortnight, and cough

so that I could not rest when I lay down. I think I should feel quite smart, if it were not for this. I feel thankful that you have been the means, under our Heavenly Father's blessing, of restoring my health as much as it is; and now, according to promise, I want you to send me all the instructions you can. I want you to send me word how soon you are coming, and if soon, there are some things I have not mentioned, that I wish to tell you; and if not, I will write again. Your visit to Fall River has been blest to others as well as me, and we have the promise, that if we do all the good we can, we shall be blessed both in a temporal and spiritual sense. This is the sincere wish and prayer of her who addresses these lines to you. Please to return an answer, as soon as you receive this. "MARY F. GARDINER."

CASE IV.

Copy of a letter from Miss Betsy A. Beedom to Dr. S. S. Fitch.

"New Bedford, Mass., June 10, 1845.

"DR. S. S. FITCH:

"Dear Sir,—After a considerable period of ill health, I was attacked in January, 1845, and lost several quarts of blood, that reduced me greatly; confined to my bed five weeks; and gradually regained a little strength, so as to go about my room and the house, but not able to do any work. April 19, 1845, I first saw you; my situation was then as follows:—Pale as ashes; unable to do any work; my food soured, and remained undigested in my stomach; bad dyspepsia; all broke off, and sinking at the stomach, all gone there; costive all the time; very short breathing; scarcely able to walk; weak stomach; icy-cold feet; small of the back very weak; pain in the small of the back and shoulders; female irregularity. I could have hardly expected to have been alive at this time. The supporter, braces, and medicine, produced a rapid and happy change in my health, strength, and looks. I have now been able to work for five weeks past. I am in excellent health; every bad symptom either entirely gone, or so slight as not to be noticed. My best thanks to you.

"BETSY A. BEEDOM."

CASE V

Copy of a letter from Mrs. Abigail Gibbs to Dr. S. S. Fitch.

"Providence, R. I., July 29, 1845.

"DR. FITCH:

"Dear Sir,—When I came to you, I had been suffering from complaints of long standing, from which I had failed to obtain relief. I was glad, when hearing you lecture, to know you had supporters, as well as medicine, to strengthen the system. When I commenced taking your remedies, I was very hoarse, often fainting, could not walk any distance without being oppressed for breath, was very weak, with a pain in my side, and a cough that troubled me very much. I am positively very much benefitted from wearing your abdominal supporter, and shoulder-braces, which, with the medicine I have taken, have imparted to me a degree of health to which I had been long a stranger. I feel convinced that, under Providence, I owe my recovery from distressing prostration and suffering, entirely to the agency of your medicine. This testimony I give with the most heartfelt gratitude for the kind interest which you manifested for me, and which I shall ever remember. Yours, with respect,

"ABIGAIL GIBBS."

CASE VI.

Copy of a letter from Mr. Peter Fayerweather to Dr. S. S. Fitch.

"Bridgeport, Conn., Feb. 24th, 1845

"DR. S. S. FITCH:

"Being out of business this winter, I have been out of town most of the time. This is my apology. We have not forgotten your kindness to us last fall. No, we feel under lasting obligations to you. My health is quite good, considering my depression of mind. Your remedies I found, in every particular, good. Mrs. Fayerweather is almost entirely freed from all her old difficulties. Her countenance is brightened up. She feels active and young, as she did ten years ago. She has fleshed up, and, in short, she is almost the entire picture of health. She wishes to be remembered to you in a *particular*

manner. She says she owes to you, through God, all the cheerfulness and enjoyments of this life. Oh! how vain are all things here below, without health. I remain yours, in the bonds of gratitude,

"PETER FAYERWEATHER."

CASES VII. AND VIII.

Copy of a letter from Mrs. Betsey A. Jenney and Mrs. Lydia French, to Dr. S. S. Fitch.

"New Bedford, Mass., Nov. 1st, 1845.

"DR. S. S. FITCH:

"Dear Sir,—From six months' experience in use of your supporters, shoulder-braces, and medicines, and instructions for the formation of health, I can speak in the highest terms of approbation of them. I am now in excellent health. Your supporter is an admirable instrument. I have fully experienced the truth of all you promised. From wretched and long-continued prostration, I am returned to good health. "BETSEY A. JENNEY."

"I can say ditto to the above, and send you my best thanks.

"LYDIA FRENCH."

CASE IX.

Copy of a letter from Mrs. Harriet G. Taber to Dr. S. S. Fitch.

"New Bedford, Mass., Nov. 3d, 1845.

"DR. FITCH:

"I am glad to add my testimony, with many of my friends in this town: perhaps it may be of use to your patients. I will here state, that you have cured me of weakly complaints, which I never expected to be freed from. I had a lame side for two years, and, at times, it was very much swollen. After I had given your medicine a fair trial, it not only cured my side, but other complaints. I have been acquainted with some of your patients in this place, and take the liberty to recommend you to all those who have curable diseases. I feel a debt of gratitude to you that words cannot express, and hope that you will receive your reward in the life that now is, and in that which is to come. "MRS. HARRIET G. TABER."

CASE X.

Copy of a letter from Mrs. Lois S. Smith to Dr. S. S. Fitch.

"New Bedford, Mass., Nov. 4, 1845.

"DR. S. S. FITCH:

"Dear Sir,—In November last I was attacked with flooding, attended with universal pain all over my sides, back, loins, &c.; palpitation; loss of appetite; sour stomach; costiveness; distress across me; inflammation of the womb, &c.; pale as ashes; and was confined chiefly to my bed for nearly six months. On the 20th of April last, you saw me; I am now vastly better than I was. I am able to do all my own work—can walk miles if I please—have good appetite, and very good health for me. I have not followed your directions very strictly, but as far as I have done, have derived vast benefit. I feel under vast obligations to you. The supporter is a valuable assistant, and I have gained nearly all my flesh.

"Accept my best thanks, LOIS S. SMITH."

CASE XI.

Copy of a letter from Miss Mary Nutter to Dr. S. S. Fitch.

"Portsmouth, N. H., Feb. 26, 1846.

"DR. FITCH:

"Kind Sir,—My health has for many years been on the decline. I am now happy to inform you it is much improved. That complaint for which I consulted you in December last, I live in hopes I am about well of. I have experienced much benefit from your supporter and medicines, for which please accept my humble thanks. I rest well at nights, and have a good appetite. I think I feel about ten years younger. I have found much benefit from the cold and warm baths. I try to stand, and sit, and walk, as upright as possible. I hope you will be the honored instrument, under God, of restoring thousands to health; and when your labors on earth are ended, may you be so happy as to join that land where the inhabitants thereof will no more say they are sick! "MARY NUTTER.

"If you should have occasion to write to me, please address to care of Robert Smith."

CASE XII.

Copy of a letter from Miss Susan T. Waldron to Dr. S. S. Fitch.

"Taunton, Mass., Oct. 8th, 1846.

"DR. FITCH:

"I take my pen this morning to tell you the past and present state of my health. In April, 1841, I was taken with low bilious fever, that confined me to my room four weeks. On the 27th of August my fever returned. I then sent for Dr. ——, of Easton; he is called the best we have with us. He said I had the liver complaint. In two days my skin was as yellow as an Indian. In seventeen days my fever was gone. I gained strength, so that I could sit up one hour in a day, and thought I should soon be able to sew again. I was then taken with dysentery, that so reduced my strength, that I could not walk about the house for three months. I did not walk a step in the streets for eight months. In eight months more I gained strength enough to sit up all day but I could not work. In 1843, I was introduced to Dr. ——, of Norton, a homœopathic doctor. I took his medicine one year. It much improved my health, so that I went to work, yet I never saw a well day. A soreness at the pit of my stomach, palpitation of the heart, lameness through the chest and shoulder-blades, and pain and weakness in the back: from all these I have been a daily sufferer, and never expected to be relieved until my immortal spirit took its flight to that blessed world above, where sickness and sorrow never are known.

"October 17th, 1845, I called to see you. You furnished me with a supporter, shoulder-brace and medicine. My back was immediately relieved, and, to my unexpected joy, in six days I walked a mile, spent the day and walked home again at night, with ease. I have not walked so far in one day for five years. The soreness in my stomach and chest is gone. I have suspended all medicines, and feel well. Your remedies I have strictly followed. My strength daily increases, and my skin looks clear. Use my name, if you please, for your own special benefit, and for the afflicted also. Excuse all the mistakes in spelling, for this is the first letter I have written in four years, confusion in my head prevented it. I recommend your supporters and shoulder-braces to all.

"Please to write me a line, for then I shall know if you have received mine. My mother and sisters join with me in returning thanks to you for my speedy recovery.

"Yours, with respect,

"SUSAN T. WALDRON."

CASE XIII.

Copy of a letter from Mrs. G. P. Van Ness to Dr. S. S. Fitch.

"New York, April 22nd, 1851.

DR. S. S. FITCH:

Dear Sir,—I feel it my duty as well as my privilege to express my gratitude, that you have been the means of restoring health to me, with the blessing of God. When I came to you in January, 1850, my health had been very poor for several years. I had been able to go out most of the time till June, 1849, when I was attacked with the cholera, and that, with my old complaints, reduced my strength so that I was confined to the house and my bed part of the time till I called to see you. I had severe turns of sick head-ache, occasional sore throat, and at times a slight cough; very bad dyspepsia; great sinking, sick, all-gone feeling at pit of stomach; constant pain in my back, loins, and limbs; falling of the womb; bad piles; very bad female weakness; great heat on top of my head, bowels, and limbs; very nervous, and almost every thing else that would make me feel low-spirited. I had not walked a block at a time, or even across the room without the greatest fatigue, for six months. A friend lent me your Lectures; after reading them I had faith to believe I should be benefitted by trying your remedies; accordingly I called on you, took one of your supporters, braces and medicine, resolving to be faithful in taking them. I commenced very carefully according to directions, as I did not feel any worse on taking them. I followed your advice strictly, till some time in September, when I found nearly all my bad symptoms gone. I have enjoyed better health this winter than I have done for years. The only trouble I have left is my bowels, they are not as regular as they should be; my strength is increasing fast. I hope ere long to say I am entirely well. I

have stated my case just as it has been, and if these few lines can be of any service to you, you are welcome to use them as you please. I would not be without your supporter for any money, its effect has been wonderful in helping me to gain my health, and to walk with all ease. Please accept my best wishes for your future welfare.

"I am yours, with esteem,

"MRS. G. P. VAN NESS,

"119 Madison street, New York."

CASE XIV.

"Saybrook, Ct., May 29, 1850.

"DR. S. S. FITCH:

"Dear Sir,—I write to give an account of the wonderful effects of your Abdominal Supporter on Mrs. Lay. She could walk very little, indeed, and felt as if her bowels and back fell apart; very costive. At once the Supporter helped her so as to walk all about, even half a mile at a time, and to church, &c. She is most delighted, and is nearly 80 years old. She has almost renewed her age, and it does her good every day.

"HELEN M. LAY."

CASE XV.

"Union Village, New-York, Feb'y 10, 1850.

"DR. S. S. FITCH:

Dear Sir,—Five years ago next July, I was attacked with a curvature of the spine, just as it leaves the ribs. This was followed by two lumber abscesses, which confined me to my house over two years, often to my room, and had vast pain in my back, bearing down and terrible female troubles. The abscesses at last got well, leaving my back very weak and painful, with no probability of ever walking much, as walking or attempting to walk almost killed me. In fact, I could not walk or stand erect without a cane. My right limb was much shortened or drawn up. On trying to stand erect, I was taken with shortness of breath and faintness; I could not ride at all, on account of the jarring motion. In this deplorable state I read your

Lectures, and got your Abdominal Supporter, which I have worn every day since. Its effect was almost magical: I was soon able to ride and walk without any inconvenience. My back is all but well, my limb is nearly restored to its usual length; and I am now almost in perfect health. No person can overrate the extreme value of your Abdominal Supporter. Yours, with many thanks,

"HARRIET CLEAVER."

CASE XVI.

"Housatonic, Berkshire Co., Mass., Nov. 20th, 1850.

"DR. S. S. FITCH:

"Very dear Sir,—Your letter and box of medicines, though wholly unexpected, met with a hearty welcome. You will please accept of my most sincere and grateful acknowledgment for this act of kindness; sympathy to the afflicted must ever be acceptable, but when accompanied with *acts* of kindness and benevolence, it cannot but make a deep impression, and when such favors are conferred by strangers, upon whom we have no claim, the motive must be pure,—the heart must be right. Thus I have reasoned; then once more with lively feelings of gratitude, let me say I thank you. The Succedaneum, I think, is acting favorably. You will see me, or hear from me again by the fourth or fifth of December.

"With sincere esteem, yours, truly,

"W. V. S. WORDWORTH."

DISCOURSE SIXTH.

TO GENTLEMEN ONLY.

On the mode of forming a noble, manly chest, and fine erect carriage.—On the best manner of preventing decline of animal strength, and of invigorating the male constitution, so as to preserve health and life to an hundred years.

GENTLEMEN:

"Mens sana in corpore sano," (a sound mind in a sound body,) is one of the oldest apothegms of antiquity, and was considered, after existence itself, the greatest gift of God to man. All will grant that a sound mind is the first best gift, and after this, a sound body is the next greatest possible gift to us. Throughout all the civilized and semi-civilized portions of the world, we find temples, schools, and colleges raising their time-honored and world-renowned spires to heaven, cathedrals, basilicks, churches, chapels, temples, mosques, schools, seats of sacred and secular learning, where are taught the knowledge of God, and the way to heaven, a knowledge of all things earthly, comprised in the sciences, the professions, the arts, all devoted to expanding the mind, and so far assisting the body as to attempt the cure of diseases when they occur; still, in all the earth, as far as I know, there is not one temple devoted to health. The schools of medicine can scarcely be called schools of health. Few physicians are acquainted with health; few are able accurately to define it. They are introduced to man in a state of disease. From this point, they study him. It is their province to remove or crush the disease, which is often not done, or done so bunglingly as to crush the patient, or so imperfectly as to leave its impressions upon him for life. This is the greatest fault of all our medical teachings. The medical student should first of all be made a perfect adept in the science of health; he should study every organ in its healthy state, and all its healthy relations, and, when perfected in this, he should be made acquainted with each in a state of disease, and see em when all are involved

in disease, or when only one is acting to confuse the functions of life or disturb the harmonious action of all the rest. This would perfect his medical education, and more than double his usefulness. As it is, now, whilst many physicians can check or cure disease, few are able to lead back their patients from a sick bed to perfect health. This they too often ignorantly leave to time and nature. Also, in the first slight beginnings of change from perfect health towards disease, how few physicians can promptly detect it, and remove it by means that instantly arrest the change without injury to the person.

In 1835, a fire took place in this city, which destroyed a vast many public buildings, stores, dwellings, and merchandise, amounting in value to seventeen millions. At one time in the history of this great conflagration, one bucket of water would have extinguished it. So it is with all disease: the beginning is very slight, almost imperceptible; and then the merest trifle, if the right thing, would correct it. Who should then study health? Man—all men, all women, all children, as soon as their minds can understand it or appreciate teaching. There is always a period longer or shorter, from the commencement of the first slight changes of health up to the moment when disease is so imminent or developed as to demand the aid of the physician; and in nearly all cases there is some time when the changes are known only to the patient; and again, after the disease is crushed or cured, and the fatigued and enfeebled patient is left by his physician to pick his way back to health, as time or nature or accident may lead him, often a long period; when the patient is the only witness of those fluctuations that retard his progress, or, what is very common, throw him back into a state of disease, even worse than when first attacked. These conditions cry aloud that all should intimately know the whole science of health, and the art of arresting slight indisposition, whenever occurring, and the mode of preventing disease and confirming health whenever enfeebled from any cause.

These considerations, if fully understood, will impress any mind that the complete and true science of health, and all those accidents or agents that reduce or prevent it, and all the laws of life by which our systems are ruled, physical energies produced, and our days determined, form a subject of study second to none in importance, after

a knowledge of those holy teachings that elevate our minds to contemplations and duties that shall insure us a happy immortality when our earthly career is closed.

The whole science of health has been extremely neglected. It has not been considered strictly within the province of the physician, and woe to his standing among his fellows, if he writes any popular book on medicine or health directed to popular readers, and not clothed in a learned tongue. This has much retarded the science, still many benevolent and good physicians have given valuable maxims, almost accidentally, on this useful subject. Within a few years, in the United States, we have had a good many lectures delivered by men more or less competent to instruct, and although some error has been taught, and some human weakness displayed, still a great deal of good has been done, and, in proportion to the increase of light amongst the people, will teachings be appreciated and errors be rejected, coming from any authority.

Clergymen have occasionally referred to the consequences of vicious habits upon health; but I think not as often and prominently as the subject demands.

The agitation of temperance questions, and their bearing upon health, has done very much good.

All have been useful, as agitating and preparing the universal mind for higher advances, and more mature and systematic teachings of all the science of health and life.

I believe and hope the time is rapidly approaching, when all parents will consider the teaching of the whole science of health, and the knowledge of the human system, in its anatomy or construction, and the laws that govern its existence, and perpetuate its continuance, and the causes that produce disease and shorten life, as of the greatest importance to their children, and of the first necessity after moral teaching; as also as a most powerful agent of moral instruction, by showing to their children how virtue tends to perpetuate health, and vice to destroy it; and no education will be considered at all well founded that does not very early communicate the whole science of life and health. Finally, that good health is the greatest wealth.

No people on earth exceed the Anglo-American in their universal

spirit of enterprise; few obstacles can deter them, few barriers arrest them. With courage indomitable they grapple with the greatest difficulties, and usually overcome them; their sails whiten every sea, their ships cross every ocean, in the pursuit of prosperous commerce, or in the accomplishment of hardy adventure. In the mechanical arts, no people display greater ingenuity, exercise better judgment, or apply more accurate science. In education, its universal diffusion is scarcely equalled by any people. But on the subject of health, no people are more behind what is known, than the Anglo-American. Even the rude savages of our continent are far better instructed in the principles of health, and likewise in the knowledge of remedies curative of disease, than our most intelligent, best educated, and best informed citizens, who are not professed physicians. Let a sick man enter an Indian camp, and nine out of ten adult men and women are capable of prescribing for his disease, and in general successfully The preparation of our food is an art of the highest importance, connected with the preservation of our health, and yet not one American gentleman in a thousand can be found who is capable of preparing his own food. Yet in many parts of Europe, and nearly everywhere among the gentry, the art of cooking is well understood, both in theory and practice. A vast many European gentlemen can be found, who know perfectly well when a dinner is properly cooked, and in a case of emergency, are capable of cooking it themselves. In the symmetry of our persons, in making the human figure what it should be, or what it is capaable of being, few people, savage or civilized, are behind the people of the United States. In this country, symmetry of figure is almost entirely neglected by every class of people, high or low, rich or poor, ignorant or educated. In many parts of the United States, a perfectly formed man is a great rarity; seldom, very seldom seen. If there is one designation that applies to us more than another, it is that of a round-shouldered stooping race. Considering the high intelligence of the people of this country, the universal neglect of these great subjects seems almost unaccountable. The results are truly appalling, filling our country in its whole length and breadth with chronic diseases. Few, very few, of our people enjoy uninterruptedly good health from youth to age. Numbers are

cut off in the spring-time of their existence. Premature old age invades vast multitudes, whilst a hale, hearty old man is rarely seen. From ignorance of the best principles of health, errors in diet, and neglect of symmetry in our persons, result liver complaints, dyspepsia, and pulmonary consumption, and numerous other diseases that now pervade our country to an alarming extent, and awfully shorten the duration of human life. Why this ignorance on these great subjects? Because it is everywhere considered too effeminate for a man to attend to the subject of health. This is reserved for invalids, and they very rarely regard it until far too late for their own restoration; and although they may lift their voice of warning, their words usually pass by unheeded. In general we possess a most beautiful climate, and the best materials for food, in the most superfluous abundance, and every material for our physical formation, and the means of producing the most perfect constitutions, so as to create the healthiest and longest lived race of men in the world. To effect this, to banish premature disease from our land, to bestow universal and perfect health, and grant the longest continuance and endurance to our lives, all that is required is a correct knowledge on the subject of health, and the knowledge of those facts and principles from which human health is derived and by which it is continued. The human frame is a machine as mechanically formed as a watch. It is mechanically formed, and acts upon mechanical principles, and all its operations are capable of being understood; if not as yet perfectly understood in all its parts and operations, it is probably not owing to anything incomprehensible in its physical or corporeal structure.

Had the human frame never been described by any persons, except mechanics, and those descriptions never clothed in any language, save the simple language of each country, it is more than probable that a general knowledge of the human frame, and its diseases, would have been advanced hundreds of years. The human machine is made for long endurance. It is endowed with the highest powers of self-reparation; and, were it not for the continued war of ignorant, luxurious, and effeminated man on his own frame, the human machine would always last, barring accidents, from one hundred to two hundred years. I believe I may assert, without the least fear

of contradiction, that no human being ever yet died of old age, until he had passed one hundred years. Death occurring sooner, nearly always results from previous errors of life, or from accident or disease. Man is confessedly the lord of creation; and can we, for a moment, entertain the idea that he is created to be far shorter-lived than many of the brute creation? It is well known to naturalists, that many birds and animals have lived to over one hundred years. The raven is one of these, and the eagle is another. It is but a short time since, that an eagle, apparently in the most vigorous health, was shot upon the Jura Mountains, in France, having around his neck a gold ring, which, by the date upon it, showed that the eagle had worn it upwards of eighty years. I do not recollect the history of any animal whose real or reasonably supposed age is as great as that of the well authenticated age of many modern men.

To prove to you that the human machine is made to endure from one hundred to one hundred and fifty, or more, years, I have only to present to you one well authenticated instance of this age having been attained by man. But, in place of one instance, thousands of instances can be adduced; and where one case of longevity is recorded, there is no doubt that hundreds die unnoticed, and unrecorded. Now then, allow me to ask, is God unequal? Are his laws made for each individual life, or for all lives? And are we so constructed, that the same principles, the same circumstances, and the same causes, that allowed one man to reach one hundred and fifty years, will not allow every other man to do the same? I answer, that the laws of life and the causes of longevity are applicable to every human being; and if thoroughly and universally understood, and correctly and faithfully applied, all men might easily attain to old age, and the average of human life, instead of thirty-three years, might take its place at one hundred years, thus trebling the duration of our earthly existence. The object of this lecture is to adduce instances of longevity, and present those rules by which, saving accidents, it may always be attained.

Passing over the antedeluvians, whose ages come down to us extended to even nine hundred years, and given to us under the highest authority, we descend to men of modern times,—within the reach of

modern history. Thomas Parr, as recorded by Lord Francis Bacon, was born in 1483, and died in 1635, aged one hundred and fifty-two years. He died, not from the disease or decay of a single organ, but from too great fullness of blood, caused by more than usual indulgence in eating and drinking. He had led an active country life, and enjoying country air and exercise; but was invited to London, where luxurious eating and drinking soon finished him. His body was examined by the celebrated Dr. Harvey, discoverer of the circulation of the blood, who has left an account of the examination. Parr enjoyed good health for a century and a half.

Thirty-nve years after the death of Parr, Henry Jenkins, of Yorkshire, England, died, aged one hundred and sixty-nine years. He was born in 1501, and died in 1670. His age is fully authenticated, and is the greatest among the moderns. John Effingham, of Cornwall, England, died, aged one hundred and forty-seven years. James Lawrence, a Scotchman, lived one hundred and forty years. About the year 1790, Joseph Surrington died at Bergen, Norway, aged one hundred and sixty years. In 1772, a man named Drakenburg died in Denmark, in the one hundred and forty-seventh year of his age. In 1825, Pope Leo XII. granted to a poor man living near lake Thrasimene, in Italy, a pension on account of his great age; he was then an hundred and twenty-five years old. He died aged one hundred and thirty years. In 1830, a man died at St. Petersburg, aged one hundred and thirty years. I knew a man in the island of Cuba who was an hundred and twenty years old; he was able to ride on horseback sixty miles in a day, and return home the next. We will now come to our own country. In 1820, a man named Henry Francisco died at Whitehall, in the state of New-York, aged one hundred and thirty-four years. He beat the drum at the coronation of Queen Anne, and was then sixteen years of age; he did not die of old age, but of the ague and fever. I forgot to mention the name of Dr. Mead, who was consulting physician to Queen Elizabeth, and died at the age of one hundred and forty-eight years. John Hightower, residing in Marengo county, Alabama, died January, 1845, aged one hundred and twenty-six years. William Prigden, of Maryland, died October, 1845, aged one hundred and twenty-thr[illegible] year.. The Rev

HENRY FRANCISCO,

Died. Whitehall, in the State of New-York, October, 1820, aged 134 years.

Mr. Harvey, a Baptist clergyman, residing at Frankfort, in the State of New-York, is now in the active and useful discharge of his clerical duties, at the age of one hundred and eleven years. This very year he presided at a convention of the Baptist clergy, and is perhaps the oldest clergyman in the world who is able to discharge his clerical duties. A Mr. Blakewell, residing near Greenville, North Carolina, was living a short time since, at the age of one hundred and thirty-six years. A colored man named Syphax, in fine vigorous health, was living last year in Cumberland county, Virginia, at the age of

one hundred and seventeen years. The Montreal Times, October, 1846, translates the following from the *Revue Canadienne*: "An old man dieu at Wexford, Upper Canada, a short time since, named Daniel Atkin, but rejoiced in the *soubriquet* of Black Dan. At the time of his decease, he was one hundred and twenty years of age; and during his life had contracted seven marriages, by whom he had had an incredible number of children, grand-children, and great grand-children, in all about five hundred and seventy—three hundred and seventy of whom are boys, and two hundred girls." Mr. John Van Hoozer, of Jefferson county, Tennessee, died at his residence, about the 1st of August, 1850, aged 122 years. A great many men are now living in this country who are over 100 years of age.

I have already enumerated as many cases as our purpose demands. They show to us conclusively, how long the human machine may continue its existence—by how long it has been known to continue. I think no fact is better proved, than that the human frame is formed to last over one hundred years, that no man ever died of old age until after one hundred years, and that, barring accidents, every man may live to one hundred years, provided he does not war upon his own frame, and provided, as I have before remarked, that he follows judiciously the laws of health, commits few errors in his diet, and preserves the symmetry of his person.

Let us now discuss a few of the principles that form the basis of health, and indicate the path of longevity.

GRAND DIVISIONS OF THE FRAME.

In the first place, allow me to remark to you, that the human system, upon examination, falls at once into three great divisions, each division, in its object and purpose, totally distinct from all the others. The first of the divisions is found in the brain, comprising the organs of the intellect, through which, or by which, the mind of man receives knowledge, and retains it, and acts upon it; and, through the medium of the will, and the connections of the nervous system, governs the whole frame of man. The organs of this first division reside exclusively in the region of the brain, and are waited upon by the senses, their servants. The second great division is found in all those or-

gans that give the power of self-reparation to the human machine, making this machine totally distinct from any machine ever invented by man, as it is capable, when supplied with its proper food, of repairing its own waste, and thus perpetuating its own existence for a great many years. Those parts of the body included in this division, or the principal parts, are the lungs, the heart, the stomach, the bowels, the kidneys, the bladder, and the limbs, with their subordinate connections. The next great division is those organs that serve to propagate the species. Allow me to recapitulate, that the three divisions are,—first, to supply food to the mind; secondly, to repair the body; and, thirdly, to propagate the species. Now, analyze man as much as you please,—investigate him as minutely as you choose,—scrutinize him from every point of view, and you will find this is all there is of him, and all you can make of him. All his almost infinitely varied pursuits, occupations, and excitements, will be found to fall into one or other of these divisions; and that all the impulses of life, and stimulus to action, owe their origin to one or other of these divisions. On their harmony with each other, very much depends the continuance of life. To have all these organs in full developement, no one outstripping the others, nor acting at the expense of the others, is a grand desideratum, and forms the basis of health, and lays a sure foundation for longevity. I have in previous lectures referred to the uses of the lungs. Allow me again to remark, that pure, healthy air is their natural food,—that they strive for the air, and continually pant for it,—that no person can have good health for any length of time, unless he breathes pure, wholesome air, and a plenty of it; and hence the exceeding value of a change of air to the sick, to invalids, and to persons worn down by continued laborious occupation. It is for this reason that a change of air will often do more for sick and worn-out persons, *than all the medicines in the world.*

MANNER OF FORMING A FINE CHEST.

I have, in my lecture upon the uses of the lungs, remarked that the chest is a basket of bones, so constituted and framed as to be most remarkably under the government of the will, and, totally unlike

any other bony cavity of our bodies, it can be enlarged or diminished at pleasure. (See Plates A and B.) The first and natural mode of enlarging the chest, is by breathing, by inhaling the air. The lungs, I should say, are air-bags, hung up on each side of the chest, and folded into cells comparable to the honey-comb, and capable of being immensely expanded, or correspondingly contracted. The largest lung may be made to hold a gallon, or so reduced as not to hold one gill. Now, the larger the lungs, and the more air they can receive and digest, the stronger and healthier they will be. They will also enjoy an exemption from disease, almost exactly in the ratio of their large and full developement. These changes in the lungs would, of course, produce corresponding changes in the basket that encloses them,—the chest becoming broader, larger, and fuller. No one should be afraid of the air, but consume as much of it as possible, by taking long breaths;—draw in all the air you can. Make a practice, many times a day, when in pure air, and especially when in pure, cold air, to suck in all the air you can, and, in this way, strain the chest open to its utmost dimensions, and hold the air in the chest as long as you can, and blow strongly upon it, not allowing it, however, to escape from the mouth until forced to do so. Should the person be of a stooping figure, or of a contracted, narrow, stooping chest, let him, on rising from bed in the morning, and as many times during the day as he pleases, draw in the air as long as he can, and fill the chest to its utmost capacity; now hold in the air, and throw back the head and neck as far as possible, and, at the same time, throw back the arms and shoulders with sudden jerks, as if to tear the shoulders from the back of the chest, at the same time retaining the air in the lungs. If the lungs are kept full of air during this exercise, on throwing back the head, neck, and shoulders, the air in the lungs becomes an elastic cushion, that acts powerfully on the inside of the chest, lifting the ribs and breast-bone outward, upward, and backward, and, in this way, rapidly enlarging the chest, and greatly assisting to give it full size and perfect symmetry.

This exercise of the chest should be practised on rising from bed, and repeatedly during the day. Another great assistance in forming a large chest, is to habituate ourselves always to speak or sing from a

full chest,—that, is, when singing or speaking, we should never sing or speak from a half-filled chest. We should always remember, that the vocal organs, in singing or speaking, are placed in a proper position, and then a current of air is more or less forcibly dashed upon them from the lungs, and that the strength of the tones and the power of the voice depend upon the volume, the density, and the momentum of this current of air. Now, any speaker, or singer, who attempts to speak or sing from a half-filled chest, will soon greatly injure his vocal organs; his voice will become weak, his throat become irritable and inflamed, his windpipe injured, the upper part of his chest become flat and contracted, and much pain at the top of the chest: to these, singing and speaking is a great injury; but to those who always, when singing, or speaking, do so from a chest well filled with air, these exercises rapidly enlarge the chest, and give great power and firmness to the vocal organs. I met, two years since, a young gentleman, who, alone, and unassisted, gave a concert in a large hall at New Haven, in Connecticut. He told me that, originally, he had a very small, contracted chest, and was a teacher of the piano forte; necessity compelled him to become a teacher of vocal music; but his chest was so narrow and contracted, and his voice so weak, that he almost despaired of being able to accomplish singing; yet, by practising as I have mentioned, and inhaling the air, his chest began rapidly to expand, so that, in three years, his voice acquired a power and compass that enabled him to pronounce words so as to be heard distinctly one mile. His chest was one of the largest I ever saw. Persons who pursue a sedentary occupation, and students and scholars, besides taking long breaths while sitting, should, at least once or twice an hour, rise up from their seats, walk about the room for a few moments, and fully and thoroughly expand the chest, and throw the shoulders off of the chest, as I have before directed. Those persons who have very considerable weakness about the chest, and more or less pain, should commence these exercises kindly and carefully, and gently habituate the chest to gradual changes, so that it will become freely and fully enlarged, without occasioning pain, or producing any inconvenience whatever.

THE PROPER CARRIAGE AND POSITION OF THE CHEST.

The next step to the possession and continuance of a fine chest, is to learn to carry it well, and choose such a position for it as never to allow it to fall forward. In this respect, there is a most astonishing difference between the Anglo-Americans and the Europeans. The latter, as a general rule, have straight, erect chests, whilst the Anglo-Americans most commonly have stooping, flat chests. In walking, dancing, and all pedestrian exercises, the chest should be kept perfectly erect, and rather falling backwards; at the same time the head and neck should stand plumb to the spine, not in a stiff and formal way, but in an easy and graceful manner, which habit will soon enable us to do. In sitting on horseback, or in a carriage, the chest and person should, at all events, be kept perfectly straight, and not allow the head, neck, chest, and spine to be bent and crushed forward, like the half of a hoop, as we may notice every day.

The drivers and conductors of coaches, in England, are usually among the straightest men we meet, and consumption is very rarely met with among them. They usually sit perfectly straight and erect. In this country, I have been repeatedly consulted by stage-drivers, in confirmed consumption, brought on, or at least strongly predisposed to it, by sitting in a contracted, bent position while driving their horses. Persons pursuing sedentary occupations, such as clerks, students, watchmakers, and men pursuing sedentary and otherwise light occupations, boys at school, &c., are apt, and that most unnecessarily, to bend the chest forward, throwing the shoulders upon the chest, (see Plate T,) in this manner extremely contracting the chest, especially at its base, and in this way rapidly predisposing to pulmonary consumption. One would suppose, by the position of writing-masters and students, at the writing-desk, that they supposed the shoulders or eyes, or head, had something to do with the mechanical performance of writing. The hand and fingers alone are called into exercise while writing.

During a series of years in the occupation of writing, far more may be done by choosing a perfectly erect posture, not bending the head or chest at all, and with not one half the fatigue In all these

PLATE T.

occupations, the elegance of the person may be perfectly preserved, the symmetry of figure not in the least impaired, the natural form of the chest may be continued, and round shoulders prevented; at the same time more labor can be performed with vastly less fatigue. To correct this false position taken by students, clerks, artificers, &c., the tables at which they sit should be raised up very high, reaching nearly or quite to the arm-pits, and then sitting or standing close to the table, but without pressing the breast against it. They will soon find that the chest will expand instead of contracting, while employed at the writing-desk or work-bench. You, that are fathers, should follow your children to the school-house, and be most particular that the writing-desk at which they study, or on which their books are placed, should be raised so high that the child cannot contract its chest. Little boys at their study should never be allowed to make a table of their laps, but should always sit behind a table on which their books are placed, and these should be raised nearly as high as the throat. Habit will soon render it far easier for boys to write or study at a comparatively very high table, than at a low one.

BAD EFFECTS PRODUCED BY A VICIOUS POSITION OF THE CHEST.

I have in a former lecture pointed out the pernicious and destructive effects produced upon the lungs, by allowing the basket of the chest to contract around them. But it is not the lungs alone that suffer from this contraction of the chest. The heart laying partly under the breast-bone, (see Plate C,) is the great centre of the circulation of the blood. It is a large fleshy organ, and quite unlike the lungs,—allows no pressure upon it with impunity. I am inclined to think that three-fourths of the cases of heart disease are produced by pressure of the ribs, or breast-bone, upon it, so that the heart has not room to play, and freely perform its functions. Pressure upon the heart may produce immediately heart disease; or, by retarding the circulation of blood, it may produce dropsy; or, by preventing the return of the blood from the head, will produce apoplexy, or fits. As men advance in life, they nearly all, more or less, acquire more flesh, and with it somewhat an enlargement of the heart. Now, if, at the same time, by a stooping, contracted position, the chest is allowed to press upon the heart, distressing consequences are apt to ensue; liver complaint, dyspepsia, palpitation of the heart, shortness of breath, paralysis, &c., may take place, in addition to the diseases I have already named. (See Lecture II., for two cases of heart disease, produced by the breast-bone falling upon the heart.)

I will here hazard a remark that I have often made, but which may not be universally correct. It is, that tailors, either from pride or ambition, or from some other cause, have much better figures than shoemakers, whilst their occupation differs but very little in the amount of stooping practised by them. I have no doubt that tailors and shoemakers may pursue their occupations during a long life, and yet perfectly preserve their figures, and in this way preserve their health. It is only to habituate themselves to sit perfectly straight at their work. To prove this, I will give one case:—In April, 1844, I was consulted at Springfield, in Massachusetts, by a young shoemaker. He told me that his father died of consumption, and that he was himself early placed at the occupation of shoemaking, and had contracted

the habit of stooping at his work, as much as any other shoemaker At twenty-one years of age he found his health rapidly declining with cough, and every symptom of commencing consumption. He was fully aware that his occupation was very injurious to him, and that this injury was produced by stooping, and excessive contraction of the chest while at his work. To remedy this, he determined *to sit up perfectly erect, and not to bend his neck, chest, or the small of his back at all, whilst pursuing his occupation.* He told me that no one could tell what he suffered for the first six months, at the end of which time he had entirely broken up the habit of stooping, and could work and sit up erect the entire day, without experiencing anything like the former fatigue, produced whilst stooping. He could do quite as much work as at any time before. This change of position at his work soon relieved him of all symptoms of consumption. When he called on me he was enjoying excellent health, and freedom from all difficulty about the chest.

POSITION OF THE SHOULDERS.

One great antagonist to perfect symmetry of the chest is often found in the position of the shoulders. When the human figure is in perfect symmetry, the shoulder-blades lay flat against the back of the chest, and the arms hang from the shoulders in such a way that the weight of the arms and shoulders falls behind the chest, and thus drags the front part of the chest upwards and backwards. (See Plate A, fig. 1.) To keep the shoulders and shoulder-blades behind the chest, and not allow them to press upon it, the great Architect of the frame of man has placed two firm bones, extending from the top of the breast-bone, on each side, outward and backward, to the underside of the outer and upper point of the shoulder-bone. These are the collar-bones. (See Plate A, fig. 2.)

These collar-bones are natural shoulder-braces. Now, when, as long as we habituate ourselves to carry the arms and shoulders behind the chest, or in such a manner that their weight falls behind the chest, we shall always preserve its symmetry, and have fine full chests. This is the case with the American Indians, and contributes to bestow upon them their straight, commanding and symmetrical figures. Upon

noticing any of your children, who are under three years of age, unless deformed by disease, you will find that their shoulders lay flat upon the back of their chests, and that when walking, standing or sitting, the weight of the shoulders and arms falls behind the chest, and not before it. Our children seldom show any indications of round shoulders until after they are sent to school, where, in general, they rapidly learn to contract the chest and round the shoulders. Unfortunately for civilized people, and particularly the citizens of the United States, these great truths are very little known, and of course very little appreciated. At a very early period, with scarcely a thought of its bad consequences, either upon health or elegance of figure, at nearly all of our occupations, relaxations, and even amusements, we commence stooping and throwing the shoulders forward upon the chest. This forward movement of the shoulders is, in some degree, arrested by the natural shoulder-braces, the collar-bones, but not entirely so.

The pressure upon these bones causes them to bend, in some cases, very considerably. The weight of the pressure of the shoulders forward is transmitted by the collar-bones, and contributes very much to press the breast-bone downward and backward, and with it all the ribs that are attached to it, thus lessening the size of the chest, and causing it to press upon the heart and lungs. During this process, the spine of the neck is more or less thrust forward, and the shoulder-blades are thrown outward, upward and forward, so as, more or less, in proportion to these changes, to make the person hump-backed or round-shouldered. This sets the arms permanently forward, and instead of hanging perpendicularly at the side, rather behind the chest, so that all their weight, together with the whole weight of the shoulders, is thrown behind, and drags the chest backward. The arms are thrown downward and forward, obliquely, across the chest, carrying with them all their own weight and the weight of the shoulders and shoulder-blades, with all their fleshy attachments, forming a very great weight, crushing down the chest, contracting and lessening it everywhere, especially at its base. Such a person, in walking, standing, or at his occupation, carries an absolute pack upon his back, little less fatiguing to bear than that of any

foreign body that he may choose to place upon his shoulders. Fully one half of the fatigue of walking, standing, or of all light occupations, is produced by the weight of the shoulders and arms upon the chest. This pressure of the shoulders and arms upon the chest is extremely apt to produce pain between the shoulders and under the shoulder-blades, and a sense of exceeding weariness in the shoulders. Pain in the bones of the neck, down the whole length of the spine, in the small of the back, &c., very frequently arises from this dragging of the shoulders forward.

THE REMEDY FOR ROUND SHOULDERS.

The remedy for round shoulders I have partly indicated before, when I directed you, in order to form a fine chest, to take long breaths, and in this way fully to expand the chest, and at the same time to jerk the shoulders downward, backward, and off of the chest. I also directed you to carry the chest perfectly erect and straight, and never voluntarily to stoop, and throw the chest forward, either in standing, walking, riding, or sitting, nor to stoop whilst writing, studying, or at work-bench occupations. Now, in addition to these, I will mention, that tying the shoulders together is a powerful assistant in preventing their displacement; for you will recollect that the shoulder-blades, in order to go forward, and upward, also pass very much outward. Now, tying them firmly together will almost entirely prevent this change in their position. This leads me to introduce to your notice

SHOULDER-BRACES.

The object of these instruments is to prevent the shoulder-blades from spreading apart, and to keep them in their natural position, flat against the back of the chest, and thus prevent their rising upward, and falling forward. The shoulder-brace should, at the same time, firmly support the whole spine, and the small of the back. Shoulder-braces do not perform their whole duty, unless they fully support the small of the back, as a disposition to stoop frequently commences by a weakness in the small of the back. Shoulder-braces are not a new invention; they have been worn by civilized people for hundreds of years, and even by uncivilized people. I was consulted about two years ago

by an old Indian woman, for a pain in her back, which she had had for fourteen years, and could obtain no relief. I had the pleasure of curing her in a few days. She enjoyed a high reputation in her tribe as a doctress. She imparted to me a knowledge of many of her best remedies, as a grateful return for the assistance I had rendered her. Among other things, she told me that forty years before, when she was a young woman, she had experienced a great deal of pain in and between her shoulders, and also weakness and pain in her spine. At that time, aided by advice from no one, but resulting from her own reflections, she had come to the conclusion, that by making shoulder-braces that should confine her shoulders closely together, and support the spine, they would entirely cure her spine of weakness, and all the pain in her shoulders and spine. She made and wore the shoulder-braces, and they effectually cured her, so that she had no more pain or weakness in her back for twenty-six years. Shoulder-braces are very often worn by officers in the European armies. Raw recruits, who are crooked in person, and ungainly in their appearance, often have stout shoulder-braces put upon them. This greatly assists in making them straight, and thus gives them a fine, manly, and erect carriage. Should they carry the head too much forward, or bend the neck too much, this is corrected by a wide, stiff, leather stock, that is made to encircle the whole length of the *neck, and lift up the chin.*

An objection has been raised by interest or ignorance against shoulder-braces, and any artificial support; that God has made us so therefore the crooked or feeble, or deformed, should be content or get relief without artificial assistance. One says, having worn shoulder-braces, you can never leave them off; they will become necessary to you. This is a mistake, you can leave them off whenever you choose, and when well you will not feel the least need of them. This is also true of the Abdominal Supporter, and all other artificial support used only by those who require assistance. Restore any part of the body to its natural place, and hold it there by artificial support, and if this is made of suitable materials, properly fitted, no injury can follow, and when the deformed or displaced part is strong and well, the artificial support may be withdrawn, and health will continue, and no injury possibly result. These same objections might be made to artificial teeth

or rupture trusses, but they are not true or deserving of notice, nor should they for one instant prevent our using artificial support when required.

When I first began to employ shoulder-braces, I had them made with elastic water-proof stuff, that covered the whole spine, from the small of the back to the root of the neck. But I soon found this caused a great deal of heat in the spine, and tended to weaken it very much, so that I now never employ india rubber stuff between the shoulders and the small of the back. I have particularly cautioned every person to avoid wearing any shoulder-braces made of water-proof stuff, and constructed to cover the whole spine, from the neck to the loins, which will greatly heat the spine, and prevent perspiration from passing away from it, so that the spine will be very rapidly weakened and injured. By confining the shoulders firmly back, and tying them together, we cannot, by any possibility, bring them forward, so that they will crush in the front of the chest, but they will constantly keep the shoulders behind the chest, and thus cause the whole weight of the shoulders and arms to fall behind it, and so contribute rapidly to expand, instead of contracting it. Many persons use one hand, arm, and shoulder, much more than the other. When this is done, it very often causes weakness and pain in that shoulder, and a much greater sense of fatigue is experienced in it than in the one less used. The shoulder thus used is very often dragged forward, out of its place, and frequently drags the spine to that side, thus producing spine disease between the shoulders. The preventive of this is a well-adjusted pair of shoulder-braces. By thus tying the shoulders together, they are made to bear each other's burdens; and thus their labors are equalized, so that no deformity of the shoulders, or disease of the spine, can take place, whilst a sense of weariness, or fatigue, will not be felt in one more than in the other. I have recommended shoulder-braces to almost every class of persons, and almost every occupation, and uniformly with benefit, where they were needed, and judiciously employed. I have recommended them, with advantage, to clergymen, lawyers, physicians, lecturers, professors in colleges, teachers, students, watch-makers, machinists, workers in cotton mills, stone-masons, carpenters, bricklayers, draymen, teamsters, stage-drivers, and, in fact, almost every profession,

trade and occupation. I have had plain laboring people declare to me over and over again, that the use of shoulder-braces took off one-half the fatigue of their labor. One of the early effects of shoulder-braces is to remove pain from between the shoulders, and about the neck, and in the spine of the neck, removing it from about the top of the chest, and in the chest, and very often taking away all pain and weakness from the small of the back. They are a most valuable article for delicate boys going to school, and for students in colleges, and delicate lads, and young men who are employed in stores, counting-houses, hotels, &c.

Sometimes the shoulder-braces are drawn too tightly at first, so as to make them irksome to the wearer. This should never be done, but time should be taken to habituate ourselves to their use, so that in a moderately short time they will become exceedingly pleasant and agreeable. I have known the chest enlarged around its base, five inches in circumference, in six months, by no other means than wearing shoulder-braces. To persons who have delicate chests, and who in any way apprehend consumption, I would most particularly recommend, in addition to shoulder-braces, the use of the inhaling tube. (For a description of which, and its effects, see Discourse II., on the prevention and cure of consumption.) Many persons have remarked to me, that it might be very easy to enlarge the chest, and restore the shoulders to their places, in young persons;—but, say they, can this be done with persons later in life? I answer that I have most satisfactorily accomplished the enlargement of the chest at the age of fifty-six years. I am fully of the opinion, that a contracted chest can be enlarged and restored to symmetry, in persons of every age up to sixty-five years. In November, 1843, I was consulted by a very respectable man at Manchester, New-Hampshire. He was fifty-six years of age, had a bad cough, and considerable pain about his chest. His breast-bone was very much depressed, so as to form a very deep depression and hollow in the bottom of the chest. By the use of shoulder-braces, &c., in a few months his chest was restored to perfect symmetry. The breast-bone was raised up entirely to its place, and the depression in it entirely obliterated. The pain in his chest and his cough were soon cured. In fine, I must say that no

man under sixty-five years need despair of having a fine, healthy, and perfect chest, in a moderately short time, by the use of the means I have indicated, especially wearing shoulder-braces, and using the inhaling tube; by which means nearly every case of chest disease may be cured, or prevented.

It always gives me great pleasure to address intelligent men on these subjects, and especially mechanics, and persons practically acquainted with mechanical laws. Man, in his formation, is intended to stand and move in a perfectly upright position; the head, neck, and other parts of the spine, standing perfectly perpendicular to the hips, whilst the spine at the small of the back, in place of bending outward and backward, as occurs in crooked persons, naturally bends inward and forward. That this is our natural position is proven in the forms of all our children under three years of age, or who have not yet had their persons deformed by attending school, or by manual labor. The same fact is noticed in all savage nations with whom we are acquainted: the Indians of America, the native Africans, and the inhabitants of the South Sea Islands. All travellers are everywhere struck with the fine figures of these people. An exception to this is found only in those savages, who, from necessity, or indolence, reside in caves or very low huts, where they cannot stand or sit erect. Among these are the Hottentots, of South Africa, and some others. These only form solitary exceptions. So that man, in his person, when standing or sitting, represents a straight, upright column. Allow me to ask you, who are mechanics, how much more weight a stooping column can bear than a straight one, and how much longer will a stooping column last, supposing it made of perishable materials, than if it stood upright. There can be but one answer, and that is immeasurably in favor of the upright column. Whilst the upright column will support almost any weight, a trifling pressure crushes the stooping one to the earth. Now, we will suppose a man carries his head, neck and shoulders perpendicularly, as intended in his formation; he suffers no fatigue from this position, and experiences no wear and tear of his system, however long continued. In fact, this position is constantly consolidating the frame of the system, harmonizes with every part of it, and confers upon it the great

est firmness and durability. So perfectly does this accord with universal experience, that upon beholding a straight symmetrical man, we at once and almost involuntarily associate with him the idea of long life. On the contrary, take a man who throws his head and neck forward, and observe to what a mechanical disadvantage it is supported. It becomes at once an absolute burden, and, although habit makes us quite unconscious of it, yet its bad effects are shown by the far greater fatigue, and far less power of endurance, that such a person suffers over one who carries his head and neck erect. It is a source of constant wear and tear to the system.

Now extend the case still farther, and in addition to the head and neck, bend forward the shoulders and spine, and the evils are still more increased, just in proportion to the deformity, so that a crooked man, especially if young, and even at any period of life, at once gives us the impression of disease, weakness, and debility, and especially of age; the young man looks much older than he is, and the older man quite anticipates his years.

PREMATURE OLD AGE.

Besides the diseases I have mentioned, resulting from deformity and crookedness of person, there is one effect that always takes place in all cases, and that is premature old age. I am fully aware that occasionally many very old people are seen, who, at the same time, are very crooked. Such persons should know that their lives are always shortened by being crooked. Most persons think, that to become crooked is incident to old age. Bowed down with years, is a poetical expression; but man was never yet made crooked by age. Crookedness of person always results from habit, occupation, debility, or disease. To demonstrate this, I can point out numbers of very old people, even to one hundred years, who are quite straight (see portrait of Henry Francisco, page 288,) in their persons, and could we find only one old person straight, this would prove that we are not made crooked by old age. The disposition to stoop is a matter of habit, and creeps upon us in a most insidious manner. We often stoop from mere indolence. Disease, by inducing debility, most usually inclines us to lie down or to stoop forward, when standing or walk

ing. I will remark, that man's natural position being to stand upright, all the bands, belts, ties, and fastenings of the different parts, and all their coverings, and moving powers, are arranged for a straight perpendicular position. The faces of all the bones at the joints, as they meet each other, are arranged to this perpendicular structure and face upon each other accordingly. Now then, when we bend forwards, and continue so permanently in proportion as we do it, we put some of the fleshy parts upon the stretch; others are relaxed, some are made shorter and others longer than natural, and all are thrown out of their correct bearing. Were it not for the great power of self-preservation, possessed by the system, and its ability to adapt and re-arrange itself to meet great changes in its form, though always to its injury and disadvantage, the machine would soon cease to act altogether, and life become extinct. I think I have said enough on this subject, and will leave it to you, and especially to those of you who are mechanics, to fill up what I have omitted, by your own judicious reflections.

POSITION WHEN LYING DOWN.

I have mentioned, that in sitting or standing, the person should be kept perfectly straight, and as much so as possible at all of our occupations. I am farther inclined to the opinion, that children and all young persons should be taught to lay flat upon their backs, with the head as low as the shoulders, without any pillow at all. This would contribute most powerfully to make young persons straight. By sleeping upon pillows, much raised, it inclines young persons to become crooked. I know that the functions of life and the circulation of the blood are most easily carried on when we lay down upon a level bed, with the head as low as the shoulders. This is shown in persons who are very low in fever, or who have lost a great deal of blood, or been greatly reduced from any cause: lay them flat down on their backs, with the head fully as low as the shoulders, and life will continue, when, at the same time, were you to place them in an upright position, they would immediately die. Men, who from long habit have been accustomed to lie with the head very much raised, will find it very irksome or impossible to lie with their heads low. Fleshy men

and those with very short necks, find it indispensable to lie with the head high, so that the blood shall enter the brain with difficulty, and leave it easily. By this means the circulation of the blood is mechanically obstructed towards the head; but in all young persons, and all those spare of flesh, there is no objection to laying with the head low, and many positive advantages will result from it.

SELF-REPARATION OF THE BODY.

In my first lecture, I fully pointed out the uses of the lungs, which are, in the first place, to give the moving power to the human machine; and, in the second, to purify the blood. It is the office of the heart to circulate the blood. We now come to consider that set of organs whose duty it is to prepare and change our food, so as to make it into blood, or, at least, all the nutritious parts. These organs are the teeth, the stomach, the liver, and bowels. The food, after being, if solid, thoroughly masticated, or chewed well, is first mixed in the mouth with the saliva, its natural moisture. Some parts about the mouth are so prepared, that, upon receiving solid food into the mouth, streams of peculiar water are thrown upon the food, and mix with it, whilst chewing, and go with it to the stomach when it is swallowed It is of vast importance to man, both to his health and continuance of his life, that he have good teeth; and, for this reason, they should be carefully preserved. The teeth are never lost, except by accident or disease. A vast deal may be done to insure their preservation, and cure their diseases, by calling in the aid of the skilful surgeon-dentist. You can scarcely confer a greater favor upon your young sons, than to place their teeth under the care of a judicious and skilful dentist, by which means they will be certain to have, when grown up, their teeth healthy, regular, and perfect. You can scarcely do yourselves a greater favor, than to preserve your teeth, by the aid of the dentist. Decayed teeth should be either extracted or plugged, and the teeth should always be kept clean. The loss of the teeth, so that food cannot be well chewed, or masticated, is a great calamity, and always contributes, more or less, to shorten life. The food, after being masticated, in the first movement of swallowing, passes into the gullet, which is a long fleshy tube, that lays behind the windpipe, and

passes downward, entirely through the whole length of the chest, into the left side of the stomach. (See Plate E) In swallowing, food, either solid or liquid, passes down this tube, into the stomach.

THE STOMACH.

For a view of the gullet, stomach, bowels, and liver, see Plates E, N, O, and Q. On the Plates, you will have a much better idea of these organs than can be given by an oral description. I will remark, that the stomach has a good deal the form of a hunter's horn, its larger portion being towards the left side, at the upper part of the abdomen, and separated from the heart and lungs by the midriff, or diaphragm, which is a fleshy curtain that divides the abdomen from the chest. (See Plate O.) The inlet to the stomach is on the top, at its left side; the outlet is at its right end; much the larger portion of the stomach hangs below its outlet. This arrangement prevents the food and liquids from passing out of the stomach, by their simple weight alone. The stomach will hold from one pint to two quarts. Its walls are very thin, generally, and are capable of being very considerably stretched. This is one of the causes of its difference in size. Those who eat and drink a great deal at a time, are apt to have much larger stomachs than moderate eaters and drinkers. The food remains in a healthy stomach from half an hour to four hours. As soon as the food is swallowed, commences a process by which a considerable portion of it is eventually converted into blood. This, considered in all its steps, is one of the most mysterious processes known to us. How portions of a potato, for instance, can be so modified and changed as to become flesh, is very difficult of explanation. We know it takes place, but exactly how, is difficult to determine.

It is the purpose of the lungs to give us the power of action, whilst it is the duty of the stomach to make such changes in the food, that this shall form the substance and growth of the body, and serve to repair all the waste of the body. It is of vast assistance to our stomachs, that the food is well chewed or ground up before it is swallowed, so that when it comes into the stomach it shall be in a state of fine, minute division. When the stomach is unhealthy, food may remain in it a great length of time. The late Dr. Dwight, Pre-

sident of Yale College, vomited up a piece of boiled carrot that had remained in his stomach twelve weeks. A gentleman in Virginia told me last summer, that he knew a boy to vomit up some persimmon seeds that had remained in his stomach forty-six days. Thus in weak stomachs the food may remain a long time without being much changed; or it may ferment and form a strong acid, at the same time generating air more or less foul, at times producing an exceedingly, unpleasant breath. These unnatural changes and decay of the food in the stomach, attend the disease called *dyspepsia*. This is occasioned by various causes, but chiefly in grown-up persons it arises from badly masticating the food, from debility of the stomach itself, but above everything, and more than all other causes combined, it arises from eating more than the waste of the system requires. For we must always bear in mind, that after the human frame is fully formed, all the object and purpose of food is to repair its waste, or the loss of its substance which is daily taking place. Now, the system, when not under the influence of disease, experiences the greatest waste and loss of substance by hard and long-continued labor, such as is experienced by all the out-door laboring population, and by many in-door laborers. Hard and long-continued out-door labor, unless too excessive, greatly invigorates the system, improves the appetite, and strengthens the stomach, at the same time producing great waste of the substance of the body; the stomach, now greatly invigorated, is called upon to furnish the supplies, to repair all this waste; it is under these circumstances that the stomach is able to do its best performances; it seizes upon any, even the plainest and coarsest food, and rapidly converts it into materials for the healthiest blood, so that the waste of the person of the laboring man is promptly repaired. So active is his stomach, that he is obliged to eat coarse and hearty food, that it may not pass off too rapidly. Now, the idle, the effeminate, and all those that pursue sedentary occupations, experience but a small share of the waste of the body that is suffered by the laboring man. Hence it is, that they are called upon to eat vastly less food and much lighter in its quality, and easier of digestion, than the laboring man.

The great secret of preventing dyspepsia is never to eat any more than the waste of the body requires. How much or how little this

s, can only be determined by the experience of each individual. There is no laying down any positive rules on this subject. Each individual will learn, that if he eats, even for a short period, more food than the waste of his system requires, or its growth demands, the stomach may at first digest this surplus food, but in a short time, as if possessed of an intuitive perception that these extra supplies are not wanted, it will refuse to prepare them,—refusing, of course, to digest this surplus quantity of food.

As I may speak again, in another place, upon the subject of diet, I will say no more of dyspepsia now.

PROGRESS OF THE FOOD, AFTER LEAVING THE STOMACH.

The food, after remaining in a healthy stomach from half an hour to four hours, passes out of the right opening of the stomach. The process of digestion having reduced the food to a homogeneous consistence, very much like cream in its substance, after leaving the stomach and going a short distance, it unites with the bile. A portion of stimulants and liquids go from the stomach into the blood.

The bile is a bitter soap, the object of which is to produce still farther changes in the blood, and facilitate its passage through the bowels. The presence of bile is indispensable to perfect digestion. We presume it to be of great consequence in the animal economy, from the immense size of the organ, or machine employed to prepare it. It is the duty of the liver to prepare the bile. The stomach is placed in the left upper side of the abdomen, and partly under the short ribs. The liver occupies the right side of the top of the abdomen, and is divided into several lobes or divisions, lying partly under the short ribs; a flap of it extends on the left side, considerably upon the stomach. The liver weighs a number of pounds, say from five to ten times as much as the empty stomach. It is by far the heaviest organ of the interior of the body. (See Plate Q.) The food, after uniting with the bile, now rapidly passes down into the

SMALL BOWELS.

(For a view of these bowels, see Plates C and R.)—They are about

25 feet long, and after a great many turnings and convolutions, terminate in the large bowel at the right groin, and are separated from the large bowel by a valve. The food passes rapidly through these small bowels. Those parts of it suitable for blood, are drawn out from the small bowels, through a vast many small ducts, that, like worms, have their ten thousand mouths, opening into these small bowels, and, sucking out the nourishing parts of the food, immediately carry it into the blood-vessels. The coarse portions of the food, or such parts as are undigested, or are unfit for food, pass through the whole length of the small bowel, and are discharged into the large bowel.

THE LARGE BOWEL, OR COLON.

(For a view of this bowel, see Plate C.)—The large bowel commences at the right groin, within the abdomen; it is about the size of the wrist, and sometimes larger. From the place of its beginning, it at first rises upward, passing inside of the right hip, and above the loins, until it reaches the under edge of the liver. It now makes a great turn to the left, and passes under the edge of the stomach, to the left side. It now turns, and goes downward past the loins, and inside the left hip-bone, for some distance downward, when it turns to the right, and crosses the left side of the abdomen, to the back-bone, or to a point opposite the centre of the back-bone, where it is tied. At this point it now turns downward, and continues straight down, lying close to the bone, until it passes out of the body. This bowel, in its whole length, is about five feet long, and, in some persons, will hold nearly a gallon, or more. The coarse portions of the food remain in this bowel about twenty-four hours in a healthy person, when it is evacuated from the body. Should the food remain in the bowel much longer than twenty-four hours, it produces that disease, or condition of the system, known by the term

COSTIVENESS.

The human system is endowed with peculiar appetites, and apparent instincts, and is remarkably under the control of habit; for example, one person will dine at twelve o'clock in the day,—others will dine at two, four, or six o'clock. Now, any person at the hour

of his meals, whether it be dinner, breakfast, or supper, when in health, will usually, more or less, feel the calls of hunger, and have a disposition to eat. But if not regular in his hours of eating, will either be hungry nearly all the time, or will have no appetite at all, or be very capricious in his appetite. So with the stomach: food thrown into it at regular intervals, and not too frequently, nor too much of it, will usually be well digested. The stomach, as if by instinct, expects it, and is prepared to receive it, and to digest it at these stated periods. But let a person be irregular in the hours of eating, and he will very soon, if I may use the expression, destroy the instincts of his stomach, and greatly impair the powers of digestion. Now, this influence of habit upon the instincts and calls of the system, is in no respect more remarkable than in the periods of the evacuations. There is no doubt that these periods, in every child or man, are distinctly experienced every day, and might always take place, unless checked by the will, or by gross inattention to them. Hence I infer, that costiveness is, in nearly every case, produced by not attending to the calls of Nature at stated periods.

BAD EFFECTS OF COSTIVENESS.

When the coarse portions of the food, or, we might call it, excrementitious matter, is too long retained in the large bowel, very injurious consequences result from it. We eat and drink from four to twelve pounds, and, in some instances, much more, every day; and all of this must leave the body, after having performed the offices assigned to it. You can ask me, how I know all leaves the body. I reply, that I know this is the case, and, of course, refer to adults; from the fact, that the greater portion of mankind weigh very little or no more, at seventy-five years of age, than at twenty-five, and very often, they weigh much less. During the long period of fifty years, they may have eaten and drank something like 150,000 pounds weight of liquids and solids,—so much does it require to replenish the daily waste of the human system for fifty years.

Now then, there are only four great avenues though which the system relieves itself of its effete or redundant supplies. These are, through the pores of the skin, through the lungs, through the bowels

and through the kidneys, bladder, &c. A very insignificant discharge is also obtained from the nose and internal surface of the mouth. These are all the avenues of relief to a loaded system; and, on their harmonious and equable action, greatly depends health, and, with it, length of life. It is very true, that one of these may be very deficient in the discharge of its appropriate office, and the others will do duty for it. But, in a tolerably short period, if either of these avenues is blocked up, the others will refuse to do duty for it; and then general disease will invade the whole system. This is exemplified in

the BAD EFFECTS OF COSTIVENESS.

When the excrementitious portions of food are retained too long in the large bowel, the fluid parts that should pass by the bowels are thrown upon the kidneys, lungs, or skin, and contribute to produce disease of those parts in any person predisposed to them. Thus, suppose a person to be inclined to disease of the lungs, or to raise a good deal from them, costiveness will always aggravate or increase this, and, very often, is the principal or entire cause of it. In the commencement of disease of the lungs, costiveness is almost always present; and the same remark may apply to the condition of the kidneys. I do not recollect to have ever witnessed a case of bleeding from the lungs, that was not preceded, more or less, by costiveness. The symmetrical or equal circulation of the blood is often impaired by costiveness, and its circulation is very much retarded through the lower bowels. It is often one great cause of determination of blood to the head, and thus producing obstinate head-aches and vertigo, swimming in the head, dropsy in the brain, and a disposition, in some persons, to apoplexy, and is one great cause of it, and of paralysis, or palsy, either partial or general, and also of impaired vision, or weakness and even loss of sight. It is rarely, if ever, that these affections of the head occur, unless costiveness is present; or, at least, we nearly always, at this time, notice a sluggish state of the bowels. The nervous system is greatly affected by costiveness. Indeed, the almost constant effect of continued costiveness is to produce great debility of the nervous system, making the sufferer peculiarly nervous. The mind is more or less clouded, and quite incapable of great or long continued effort.

DEPRESSION OF SPIRITS.

There is no one accompaniment of costiveness more frequently observed than depression of spirits, especially in persons a little advanced in life. It seems to cloud the whole mind, and to destroy every pleasure, to take away all elasticity and buoyancy of the feelings, and to produce a distressing sense of impending woe to come, in the form of poverty, calamity, or disease.

Universal fullness of blood is often produced; and this, at times, leads to dropsy, either partial or general. Diseases of the heart are always aggravated, and sometimes produced, by costiveness. I have frequently observed an enlargement of the right side of the heart, in persons long habituated to sluggish, costive bowels. In nearly every case of heart disease, scarcely anything aggravates it more than costiveness, and few remedies relieve it so much as free bowels. Sluggish bowels are a very efficient cause of dyspepsia. It is true, that you will sometimes witness obstinate dyspepsia when chronic diarrhœa is present. But, in nineteen cases out of twenty, costiveness seems the cause of dyspepsia. In fact, it is exceedingly rare to witness good digestion, when the bowels are costive. Nothing contributes, as a general thing, to relieve dyspepsia more than to have a free state of the bowels. Liver complaint is often produced by costiveness. The liver is apt to become enlarged, and engorged with blood, and to pass off its bile badly. It is true, that a disease of the liver will frequently produce costiveness, or, rather, that a want of bile in the bowels will produce it.

JAUNDICE

Is often produced by costiveness: at any rate, jaundice and costiveness are nearly always found existing together; and relieving the bowels tends very much to relieve the jaundice.

PILES.

Are often produced by costiveness. The accumulation of matter in the lower bowel prevents the return of blood from that bowel, and thus very often causes piles.

A BAD BREATH

Is almost always present in persons of an habitually costive habit. From the pores of the skin, in cases of long-continued costiveness, the most unpleasant odor often arises, or is thrown out, rendering the unhappy subject almost a nuisance.

SEA-SICKNESS

Is almost always aggravated by costiveness, and almost prevented by having the bowels free. In fact, there is not a function of the whole system that may not be greatly impaired by costiveness. Let me for a moment refer you to some other machine. Take, for example, a locomotive steam-engine, and suppose the fireman did not clear the ashes from his fireplace, how long, think you, could he thus run his engine? Every part would soon become clogged; little fire could be made; no steam could be generated; and thus no power would be evolved, and his engine would become, to all intents and purposes, useless. Such, also, is the comparative effect of habitual costiveness upon the human machine; every part is clogged by it, and every function is embarrassed. It aggravates most diseases, and tends to produce many. The bowels must be kept tolerably free, to insure good health and long life. I have referred to the fact, that costiveness is usually produced by repelling the daily instincts of Nature. After we have broken up regular habits in this respect, the calls of Nature come to us at longer intervals, and with feebler influence, so that one week, two weeks, and even one month, will pass without an evacuation, until the bowels seem to have lost all power of action. I have known one case where no evacuation was had for four months and a half, and another case of nine months. Nothing in either of these cases could procure an evacuation, so nearly dead had the bowels become. The last person most unexpectedly recovered. I have not heard the result of the former. I once knew a young man, whilst on shipboard and very sea-sick, who suffered himself to remain three weeks without an evacuation. He came very near losing his life by it. Great accumulations will sometimes take place in the bowels, and produce sudden death. Mr. Legare, of Charleston, S. C., Secretary of State under President Tyler, died suddenly from this

cause, at Boston, in June 1843. I witnessed another death from the same cause, in Boston, and another in London.

MANNER OF CURING COSTIVENESS.

As costiveness exerts such a pernicious influence upon the system, and contributes so much to shorten life, it is most desirable to know how to prevent it. The best and most desirable mode of curing it, is by restoring the habit. Let the costive person, exactly at the same time every day, solicit an evacuation, and that most perseveringly for at least one hour, should he not succeed sooner, at the same time leaving off all medicine. So much is the system influenced by habit, aided by the will, that in nearly all cases obstinate perseverance in this course, and never omitting it afterwards, will entirely cure their sluggish state, and the bowels become as free as is desirable, and the calls of Nature become as regular and urgent as if they had never been interrupted. There are some persons, however, who seem, or pretend to believe, that they still require further assistance. These will find themselves greatly assisted by eating rather coarse food, such as coarse bread, rye and Indian bread, and bread made of wheat meal, or, we might call it, unbolted flour, sometimes called bran bread, and at other times Graham bread. Some persons derive great benefit from eating fruit. Almost all the summer fruits are found useful,—apples, &c.,—throughout the year. Others derive great benefit from the free use of vegetables, &c. All will be benefitted by avoiding the use of very tough meat, and very hard salted meat. I rarely recommend any other medicine to correct costiveness, than the use of a very small quantity of rhubarb. That which should be selected, if practicable, is the best Turkey rhubarb, either in the form of the root, or powder; the root is apt to be the purest. A few grains of this taken daily serves to improve digestion, strengthen the bowels, and remove costiveness. Rhubarb has the rare property over all other medicines with which I am acquainted, in a vast many cases, of never losing its effect. A great many medicines taken to open the bowels soon lose their effect, and require the dose to be very much increased; until, finally, they will not act in any dose, and leave the bowels much worse than when the patient commenced

taking them. But this is not the case with rhubarb, as a general thing. I knew one gentleman in Philadelphia, who took a portion of Turkey rhubarb every night for thirty years. This gentleman, on account of obstinate costiveness, began with taking sixty grains every night, and when he related to me his case, he found it necessary to use only four grains every night. The late Dr. Physic, of Philadelphia, told me he had many patients in that city who had used rhubarb to great advantage, very much of the time, for forty years or more.

In concluding this part of our subject, allow me to say to you, that to have the bowels in perfect order, and acting freely and kindly every day, is most desirable, and may be said to be indispensable to health and long life, and with this the happiness, the delights, and the pleasures of existence. A free, healthy state of the bowels is truly a pearl of great price, and a condition of inestimable value to the possessor. It is true, that some persons of costive habits live to old age, whilst thousands and tens of thousands are destroyed by it. The fact only proves under what disadvantages the system will labor on, and continue its functions. Let me repeat that, HABIT, HABIT, is the great cure-all. Assist this, if necessary, by regulating the diet, and, as a last resort, use a little rhubarb,—but assist all by habit. Wearing my Abdominal Supporter is most valuable for sluggish bowels.

Allow me to say one word to those who are fathers, husbands, and heads of families: that in the arrangement of water-closets or necessary out-buildings, a good deal of art or discretion should be used, so that the delicate and modest members of your families may not, from fear of exposure, inconvenience, &c., be deterred or prevented from obeying the calls of Nature. Sometimes these buildings are so exposed to the cold or cutting winds, while passing to them, or even exposure to wet or damp whilst in the building, that some of your beloved and delicate ones are deterred from visiting them when they should. Besides one or more rooms, as the number of inmates may demand, these buildings should be kept clean, perfectly accessible, and free from exposure. In no one particular is the intelligence, the civilization, and the refinement of a people, or an individual family

more strikingly marked than in the preparation of these necessary buildings. No people on the face of the earth equal the English nation, in the attention, the expense, and the skill in the arrangement of these conveniences. If I dared, or the subject would admit of it, I could enter into a great many details connected with this subject, that I have witnessed in the cities of Italy, and in most parts of France, and in some portions of this country, that would contrast most unfavorably with what I have said of the English; but I forbear, with the remark that I have no doubt, and indeed I have the best reasons for knowing, that many a father has witnessed the ruined health of the members of his family, caused wholly by inattention to this one subject. My subject would not be complete, were I to omit speaking one word to you upon the evacuation of water. I mentioned to you that the system unburdened itself through the bowels, kidneys, lungs, and skin. An immense amount is carried off by the kidneys.

THE OFFICES OF THE KIDNEYS, BLADDER, &c.

Those solid portions of meat we eat and drink, not entering into the blood, are required to pass off by the bowels. But it is the office of the kidneys to separate a vast amount of fluids from the blood, and with these fluids, and dissolved in them, they throw off a great quantity of earths, acids, and salts, which, if not taken from the blood, would soon destroy life.

THE BLADDER

Is a natural reservoir for holding the water until periods convenient for its evacuation. The water is brought from each kidney by a long pipe, that extends from the chamber of each kidney to the bladder. The kidneys are situated in the small of the back, one on each side of the back-bone: the bladder is placed low down in the basket of the hips, and immediately behind the front cross-bone. (For a view of the kidneys, and the pipes that convey the water to the bladder, and the bladder itself, see Plate S.) The bladder is capable of being enormously distended, by the habit of retaining the water too long.

There are many persons, who, from carelessness, and sometimes

from modesty, do not evacuate the bladder when called to do so. If this habit is long continued, extremely pernicious effects are apt to result. One of these is to produce more or less a distension of the bladder, the effect of which is greatly to lessen the secretion of water. The kidneys, if I may use the expression, being informed that the outlet is obstructed, cease to secrete as much water as they otherwise would; and hence much less urine is secreted from the blood. The skin, the lungs, and the bowels, will then be called upon to do duty for the kidneys, and to take out the earths, salts, and water from the blood. It is, however, chiefly thrown off through the skin. Any person who has witnessed a stoppage of water for any length of time, is immediately struck with the smell of urine that comes from every part of the skin of such a person. The next evil, I will mention, resulting from too long retaining the water, is that the water accumulated in the bladder, and remaining there for some time, allows the earths, salts and acids, that it holds in solution, to fall down and settle at the bottom and sides of the bladder, and thus lays the foundation for gravel in the kidneys and bladder, and stone in the bladder. Much, very much, of all this mischief is prevented by never retaining the urine when we are called upon to discharge it. Any considerable obstruction in the action of the kidneys and bladder, especially if long continued, in a great many cases leads to dropsy. At all events, we rarely ever notice dropsy, without at the same time observing that the kidneys are slow in their action, and pass off much less than their usual quantity of water. Although gravel is usually readily cured, yet it is better to prevent this and all other diseases of the kidneys and bladder, by never omitting to evacuate the water when called upon to do so. It was long ago observed in England, that the highest and lowest classes of society were always far more exempt from stone in the bladder, than the intermediate classes, and they could only account for it from the fact, that the highest and lowest classes of society there are perfectly easy in their manners, and not deterred by modesty, or want of convenience, from evacuating the bladder whenever they choose. Somewhat the reverse of this is found in the middling classes, and hence their greater liability to stone in the bladder.

THE SKIN AND ITS OFFICES.

In order to insure perfect health, great attention should be paid to the state of the skin. The skin is the external covering of the body, and is to man a natural clothing. There are yet some nations of the earth known to exist without wearing any artificial clothing whatever. I mention this as merely showing the amount of protection derived from the skin. That it is a covering or protection, we have only to notice those parts of our person that are exposed to the air, such as the hands and face, which are usually uncovered: these meet the air with perfect impunity. In addition to being a clothing, the skin is pierced with an innumerable number of very small holes, through which constantly pass a vast quantity of fluids from the body, either in apparent or invisible perspiration. Sometimes we will see great drops of perspiration standing on every part of the body; at other times it is not visible to the eye, yet it is always passing off in great quantities when in health. Were the clothing to be removed entirely from a man, and his body placed under a glass case, and the air pumped off, he would seem to be covered entirely with a cloud of vapor. This is the insensible perspiration. The same thing may be noticed on first entering a bath: in a moment or two after the person is under the water, upon looking over the surface of the body covered by the water, we will notice vast numbers of little air-bubbles, seeming to stick to the skin. The minute openings through the skin are called its pores, and through these pores vast quantities of fluids, and even solids, pass off. It is perfectly indispensable to health, that the skin be kept in a healthy, vigorous condition, and that its pores be always entirely unobstructed. It is not desirable that the skin have too much clothing placed upon it; indeed, we should wear as little clothing as possible, consistently with comfort. This will depend upon each person's experience and early habits. It is well known to every observer, that those children who go barefooted through all the warm months of the year, and wear little more clothing than a linen or cotton shirt and trowsers would be upon boys, and continue this light clothing and bare feet for as many months as possible in each year, and during all the years of childhood, have much better constitutions, and enjoy far better health in after-life, than those who are more delicately

brought up. The same thing applies to the continued preservation of health in adults. The more the surface of the body is exposed, and the lighter the clothing, if they can bear it, the more health they will have. An old man in New-Hampshire, who had attained to nearly his ninetieth year, remarked to a friend, that of late he had become very effeminate. "Now," said he, "I am obliged to wear shoes more than two months of the year, when for the most part of my life I have been able to go barefoot the whole year." I knew an old man at Bristol, Conn., who was eighty years old, that never wore stockings upon his feet, and only India rubber shoes through the season of snow. All his other clothing was correspondingly light. He enjoyed perfect health, and spent a large part of every twenty-four hours in active out-door employment. It is well known what excellent health the American Indians enjoy, and how impatient they are of clothing. For nearly or quite eight months of the year, in our cold climate, they wear very little clothing. For this reason, I think, cotton next to the skin is better than woollen. I will, however, leave this subject to every man's experience, fully believing that the less clothing we wear, consistently with comfort, is most conducive to health. I would particularly urge every man not to increase his clothing, unless forced to do so by actual suffering.

BATHING.

The skin should be kept clean, and the best mode of invigorating it, besides exposing it to the air, is to bathe the surface of the body frequently with cold water,—this at all seasons of the year. To men who are delicate, and not accustomed to bathing, and exposure of the person to the air, I would particularly recommend to them, when they commence bathing, if in cold weather, to do so in a well-heated room. This ablution of the body with cold water, I think should be done every day of the year. Many persons shudder at the idea of using cold water upon their persons in cold weather. I think it is then most useful. In the very cold winter of 1835-6, the Rev. Mr. Abercrombie, D. D., one of the oldest Episcopal clergymen in Philadelphia, called at my house on one of the coldest days. The old man was about seventy-five years of age, and of a very light, thin figure

In the course of conversation he chanced to remark, that he did no feel as well as usual that day, because he had forgotten to take his bath in the morning. "Why," said I, "Doctor, you do not take a cold bath such weather as this?" "Yes," said he, "I have been in the habit of bathing in cold water every day, in all seasons of the year, for more than fifty years." Few men ever enjoyed more uninterruptedly good health during a long life than Dr. Abercrombie.

In January, 1845, I was called upon at Norwich, in Connecticut, by a gentleman seventy-two years of age. He told me that he had not heard my lectures, but that he had heard of them, and my remarks upon bathing in cold water. He said to me, "My neighbors call me crazy, because I go out in all weathers, and never wear an over-coat; and here," said he, opening a thin cotton shirt upon his bosom, "is all the covering I wear for my breast, save my coat and waistcoat; and farther," said he, "I bathe a great deal in cold water. I prefer bathing in the river here." The water in the river at Norwich is salt, or brackish. He said, "If I omit bathing for a week, I become indisposed; and it is very frequently the case, in winter, that the bay is frozen a long way out. In such cases," continued he, "I very often, without any regard to the weather, walk out on the ice as far as I can go, and there take off my clothes, deposit them upon the ice, and crawl upon my hands and knees over the edge of the ice into the water, and stay there as long as I please, and generally till I feel better." The old gentleman enjoyed excellent health. Now, this is an extreme case, and one that I do not hold up for imitation, but only to show what may be done in the most highly civilized communities and with apparent advantage. Dr. Abercrombie told me, that he had hundreds of times found the water in his bathing-tub frozen over, and would place himself in the water, covered with floating ice. Now I would not recommend this course to any one as judicious. I rather question its propriety, or very much doubt whether it could be universally employed without injuring some persons. I think all, or nearly all, the benefits of cold bathing can be obtained, and with vastly less trouble, and much less inconvenience, by the use of

A WET TOWEL, SPONGE, OR THE HANDS.

I recommend to my patients, and others, the following method of managing the surface of the body, every day, morning or evening, or at any hour that is most convenient,—I rather prefer the time of rising from bed in the morning. The room should be warm, unless you are robust, and accustomed to bathing and exposure of the person. Throw off all your clothing, and with a brush, or hair-gloves, &c., or one or two coarse crash towels, rub the whole person over in the most thorough manner, exciting a fine life and glow upon every part of the covering of the body and limbs. After this is done, take a sponge or towel, and dip it in cold water, and, with one of these, rapidly wet over the whole surface of the body and limbs, dwelling much upon the neck, chest, and all the spine, and the larger joints. In lieu of a wet towel, use the naked hands, and wash all over with a sponge or wet towel as you need it. Now take one or two towels, and wipe every part of the person dry. Now rub the skin all over, so as to excite a fine glow upon it, and then resume your clothing, observing that the shirt worn through the night should not be worn through the day, if convenient to you. The whole time required for this bath need not be more than from three to five minutes. To be sure, you may occupy as much time as you please; but an active person can accomplish it in the time I have mentioned.

Some persons are so delicate or sensitive, that they cannot bear the shock of cold water. These persons will usually find themselves greatly benefitted by using a tepid bath. I also recommend to my patients, especially those of a scrofulous habit, or those having a low condition of the system, to stimulate the water, more or less, as they choose, by adding to it sea-salt, or rum, brandy, gin, or any spirituous liquors, or cologne water, &c.

SEA WATER

Is a most valuable article in bathing, and should be used whenever convenient. About once a week, great benefit may be derived, and beauty, softness, and purity of the skin be greatly promoted, by adding to pure soft water some sal æratus, or super-carbonate of soda. Either of these will confer an alkaline property on the water, and thus purify the skin in a most effectual manner.

EFFECTS OF WATER UPON INFLAMED OR DEBILITATED PARTS.

Allow me to trespass upon your time a few moments, that I may name some of the benefits of water applied to inflamed, swelled, or debilitated parts. I now very seldom recommend the use of blisters to inflamed or painful parts; but, in place of blisters, I recommend the application of cloths dipped in cold water, or cold salt and water, and sometimes I use warm water, or very hot water. In most cases of pain in the side, breast, or throat, or in a joint, I find the application of a wet cloth, and worn some time, even for weeks, in old cases, will produce a far more effectual, certain, and permanent cure than blisters, leeches, or any species of sores.

In cases of

WEAK EYES,

Or slightly impaired vision, or inflamed eyes, or eye-lids, when painful, &c., particularly in students, or persons of scholastic habits, I scarcely know a more effectual remedy to cure or prevent these affections of the eye, than dipping the forehead, eyes, and nose a great many times a day in cold water, and holding them there as long as possible. This course will serve greatly to strengthen the eyes. In cases of rush of blood to the head, great heat about the head, or head-ache, there is no remedy that will compare with the use of cold water, and the water made as cold as possible, by the addition of ice. This will often relieve the head, when every other remedy fails. The head should be dipped in the ice-water, and held there as long as possible, a great many times a day, according to the urgency of the case. Another mode of application is to sponge the forehead and temples frequently with cold water, keeping them wet, &c. Sometimes advantage is derived from using warm water, in place of cold; at other times a bladder of ice.

SORE THROAT.

The neck is a very sensitive part, and the application of blisters is apt to produce a great deal of pain and nervousness of the system. In many cases, the suffering becomes quite insupportable, a high fever

being excited, &c. In every case of sore throat that I have ever me with, whether a putrid sore throat or inflamed tonsils, or where th windpipe itself is affected, I have usually found the happiest effects i the use of water, by bathing, and also by wrapping a towel, wet i cold water, around the throat at bed-time, and continuing it on a night. It is very rare to meet with a sore throat that will not yiel to this remedy in a short time. Where the windpipe is affected, wet cloth should be worn upon it all the time, day and night. La summer, at Red Sulphur Springs, in Virginia, I prescribed for a gen tleman for disease of his lungs, and also of his windpipe. His voic was nearly lost. Besides medicines, inhaling tube, &c., I recommend ed him to dip a cloth in cold water, and apply it over his inflame windpipe, and wear it there all the time. In about two months, met him at Richmond, Va.; I found him nearly well. He told m he had derived immense benefit from the wet cloth; it had almo entirely restored his voice, which was before nearly lost.

In many cases of recent sore throat of a short continuance, an especially in cases of quinsy sore throat, and those disposed to i in addition to putting a cloth dipped in cold water around the throa it is most beneficial to gargle the throat freely with strong ginger te or red pepper tea, or strong tincture of myrrh, or all combined. Be fore putting on the wet cloth, rub the throat well with a strong lin ment, made by mixing a little sweet oil and turpentine, or sweet o and strong spirits of hartshorn or ammonia, or my pulmonary linimen all over the throat and top of the chest. Always over the wet clot wrap a thick dry towel or napkin, so as to keep the neck warm an perspiring. At the same time it is well to take a little physic, so as t move the bowels freely, &c. Such a course will usually cure all r cent sore throats in a very short time. If of an old date, other rem dies will be required. The wet cloth in old cases usually had better n be carried back farther around the throat than the back of the ears, an not laid on the spine of the neck. This course will usually arrest a recent sore throats in persons of all sexes and ages, even the younge children. It will not disappoint. After the throat is well of its sudde attack, and to make it strong and free from irritability, and also t prevent any stricture about the throat and vocal organs, wash th

throat most freely in cold water, stretch the neck backward so as to carry the head as far between the shoulders, and the chin as far from the breast, as possible. In this position rub it, wash it most thoroughly with the naked hand, with cold water. Now draw in all the breath possible, and blow hard upon it, but do not let it escape from the throat, and powerfully blow on it. This will wonderfully enlarge the throat. Do this often, always, and you will have a flexible healthy throat.

WEAK AND PAINFUL SPINE.

The spinal marrow which runs down the whole length of the backbone, is in some respects very much of the nature of the brain. (See Plate U.) Many persons are subject to sick head-ache, and a good deal of habitual pain in the head, more or less in all parts of it, accompanied with heat, &c. These head-aches are mostly produced by the state of the stomach, by indigestion, by errors in diet, and by the condition of the liver, costiveness, &c. Now, every experienced and well-informed physician knows that general bleeding, or blisters applied to the head, or tartar emetic sores, or anything of that kind, made upon the head, are of little or no use, and sometimes increase the head-ache ten-fold, because these head-aches may be said to be purely nervous and often result from mere debility. The head is perfectly innocent, because of the diseases being in some other part; now the same state of things very often exists in the spine. In fact, true spine disease is exceedingly rare, but heat, debility in some degree, and nervous and rheumatic pains in the spine, are exceedingly common.

The cause of this not being in the spine itself, but in other distant parts, another analogy is seen. We all know that the head should be kept cool, it is the same fact in regard to the spine; hence, persons should never sit or stand much with their backs to the fire. The application of harsh remedies, much blistering, and, above all, tartar emetic sores, applied over the spine, when pains exist in it, caused by debility, nervousness, rheumatism, gravel, falling of the womb, &c., will often produce the most distressing prostration, deprivation of the power of walking, and in many cases cause persons to be bed-ridden, even for years.

PLATE U.

Posterior view of the Brain, Spinal Marrow, and Nerves that go to the arms and lower limbs.

Some physicians are constantly on the stretch for spine diseases. Upon the least pain in the back, it is at once subjected to the ordeal of a severe examination; strong pressure is made upon every part of the spine, and even pounding the spine, to see if a tender spot can be detected anywhere. Now, I am disposed to think that tender places can be found upon the spine, in this way, in more than half the people we meet, at the same time that no spine disease whatever exists. But some physicians, upon finding a slightly tender place upon any part of the spine, immediately announce spine disease, and recommend the most excruciating tortures known to us, such as excessive blistering, cupping, and, above all, horrid tartar emetic sores. The truly robust and healthy can bear this without great injury; but the nervous, the feeble, and the delicate persons are very apt to be overcome by it. In June, 1845, I was consulted at Nantucket, Massachusetts, by a lady who suffered considerably from female complaints

and weakness of her spine She told me that, seven years before, at the recommendation of her physician, she took a very powerful tartar emetic for a slight pain in her stomach. She vomited for twenty-four hours, which greatly wrenched her back, so that she could scarcely straighten herself for nearly two days. Some time during the second day, her physician called to see another sick person in the house, and also spoke to her. She told him that the emetic vomited her very much, and had given her a lame back. The physician said at once he thought she must have the spine disease. On examining her spine where it had been nearly wrenched off, he found some tenderness, and told her she had a spine disease, and urged immediate measures for its cure. To effect this he gave her a box of strong tartar emetic ointment, directing her to spread a plaster about the width of three fingers, to extend from the root of the neck to the lower extremity of the spine, to be snugly applied, saying to her, that the longer she kept it on the better, even all night if she could bear it.

Her sister told me, that by midnight the very bedroom seemed heated by the heat from the sufferer's back. She, however, wore the plaster until the doctor came the next morning, and removed it. Her sister told me, that on taking off the plaster, the whole length of her back presented the appearance of a cullender, the skin being perforated by a great many holes, eaten by the emetic tartar. The lady did not walk again for three years; but at last, by laying aside all medicines whatever, Nature gradually and slowly so far triumphed over the skill of the physician, that, at the end of six years from the time of using the fatal plaster, she was able to walk in the street. For one year before I saw her, she had been able to take short walks out of doors. The physician was one of the oldest and most respectable in Nantucket. The lady had enjoyed fair health all her life before. In almost every case of disturbance about the spine, a towel, or piece of cloth, dipped in cold water, or cold salt and water, or even warm water, if cold is rejected, and laid on at bed-time, and fastened upon that part of the spine, so as to remain there all night, will, in nearly all cases, in a short time entirely cure the disturbance about the spine, and that without occasioning any debility, suffering.

or prostration whatever. In addition to this, the spine should be smartly rubbed, and washed with cold water, every night and morning.

RHEUMATISM.

Warmth is generally recommended, and warm applications, in the cure of rheumatism; and most people would say at once, that warmth would prevent it,—and this, no doubt, is to a certain extent true. But it is best prevented by keeping up an equal and vigorous health. Nothing does this better than the rules I have pointed out, and, in addition, wash the body all over with cold water every day. The shower-bath, plunging-bath, and sea-bathing, may be used by everybody at their pleasure; but for convenient, general, constant, and universal use, I think the sponge-bath far the best, unless we except sea-bathing; and, as a preventive of rheumatism, I consider the sponge-bath far the best,—this, however, will depend more or less on each individual's experience. In the cure of rheumatism, after it is actually present, I know that pouring cold water upon the parts affected is one of the best remedies. I have known some cases of old, obstinate rheumatism, where the patients were reduced to their crutches, and become perfect cripples, to be completely restored to health by rubbing the parts thoroughly, and pouring cold water upon them every day.

WATER CURE.

I will say a few words here upon water cure, in general, for consumptives. As far as my information extends, I think the water cure alone for consumptives is a total failure, as regards a cure. Fever and night sweats, and many bad symptoms of consumption, are often alleviated by the water cure, whilst the disease itself is not arrested, and in many cases hardly retarded at all, and never cured. I have witnessed many cases of feeble, delicate consumptives, with very little blood in them, subjected to the rigors of the water cure, besides required to take or attempt exercise far beyond their strength; and, in addition to this, attempting to live on food not suitable to them, dispensing with meat, salt, &c., until, in a few weeks, vitality is all-

most soaked and starved out of them. Vigorous persons, and those abounding in humors, will often find great benefit from the water cure. Persons with congested lungs or very short breathing, or heart disease or extensively palsied, should never go under water much, as it may be fatal to them soon. I have witnessed three such cases of immediately fatal consequences. In old persons, more or less paralyzed, I have noticed the worst effects from the water cure long continued.

The intelligent water cure physician, will take great care to discriminate between rheumatism and palsy,—between a person lame or crippled by rheumatism or palsy. In the last, as far as I know, water may do great harm, employed extensively as may be done at a water cure establishment, whilst in rheumatism it is often of great benefit.

TREATMENT OF THE FEET.

I cannot leave this subject without adverting to the proper management of the feet. It is almost indispensable to health and longevity that we take plenty of exercise. One of the very best of these is walking out of doors as well as within. But if our feet are not in good order, this important exercise cannot be taken, nor will the symmetry of the body be perfectly preserved, if we cannot walk, or cannot walk well. The feet are mostly affected by corns and enlargement of the joints, &c. One of the best things to prevent corns and enlargement of the joints, provided the boots or shoes are properly fitted, is, at least once a week, to put the feet in hot water, and this should be excessively hot, as much so as can be borne. I usually recommend to my patients to put the feet in hot water once a week, keeping them in the water from fifteen to thirty minutes, and adding hot water every few minutes: to the water you may add salt, wood ashes, sal-æratus, or soda, as you choose. On taking the feet from the water, they should be rubbed perfectly dry, and scrape off the thick parts of the skin made soft by the hot water. The skin should be made as thin as possible. Most persons will find that this will keep their feet in good order. The hot foot-bath is a most excellent thing for the general health; for colds and pain anywhere, it is ex-

cellent, and does not forbid washing the feet in cold water every day. The hot foot-bath should always be taken at bed-time, and the next morning the feet washed thoroughly in cold water, and daily washed in cold water. Persons in consumption, with night sweats and feeble, should not use a hot foot-bath much, as it often reduces their feeble strength very much.

DIET.

I have mentioned to you that the reparation of the body, and supplying the waste of its substance, is a duty that devolves upon the stomach, and all those parts engaged in the process of digestion. It is of great importance that the food be taken at regular intervals, and that it be such as agrees with the system. On the subject of diet, what kind of food we should eat, and how much, very discrepant rules have been laid down by authors and lecturers. At one time we have a crusade preached against all meat, including fish, flesh, and fowl; at other times, the war has raged against tea and coffee; and now it runs against every description of stimulant, from pure brandy down to the mildest family home-brewed beer. On these subjects, I look upon it as dangerous to run entirely against the experience of all past generations, and especially on the subject of our eating. Violent and sudden changes in our diet, especially if engaged in exhausting occupations, I consider as very dangerous. Generally speaking, I believe the experience of every nation, for centuries past, on the subject of eating, to be a very fair guide to each nation.

To exemplify what I mean, and to exhibit the pernicious effects of sudden changes in our food, I will mention one case. A few years ago, a regular war was set up in Massachusetts and elsewhere against the use of meat as an article of food. Everything in the shape of fish, flesh, or fowl, was attempted to be repudiated. Lecturers, men learned in medicine, and most eloquent, stood forth to vindicate the exclusive use of vegetables, and to announce to the thunder-struck people, that all kinds of meat were in their very nature deadly poison, and the cause of almost all our diseases. Under the term *meat*, was included all fish, and every species of shell fish; all flesh meat, fresh or salted; all fowls, and all game; in fact, everything that had ever possessed

animal life. Experience of a thousand years was at once cast to the moles and the bats. Rumor carried something of these great discoveries in diet to Andover Theological Seminary. The students of this renowned institution summoned to their halls a gentleman who was a very learned physician, to enlighten them on the important subject of diet. Several persons have described to me the effect of these eloquent lectures, and something of the doctrines taught. One old sea-captain told me that he attended all the lectures. The number he represented to me as being incredible, and "as for eating," said the old man, "he left us, as wholesome, nothing to eat but the paving-stones upon the sea-shore." This is no doubt very hyperbolical, yet it is certain that the bill of fare was greatly abridged.

Mr. Farley, the very worthy keeper of the students' eating-room, told me, that at the conclusion of the lectures the committee on diet had a meeting, the result of which was to direct him to discontinue, henceforth and forever, from their table, all meat of every sort. "Why," said Mr. Farley, "we have pork and beans on Monday, shall I not continue that salutary dish?" "No," said they, "nothing but the simple beans." Mr. Farley at once told his wife he should dine by himself, for his experience of fifty years and upwards was decidedly in favor of flesh as an article of diet. One young theological student, of rather herculean proportions and western growth, expressed to Mr. F. the greatest regret that he had ever tasted of a mouthful of meat in his life; saying,—"that he believed, if he had not done so, he might have anticipated a tolerably long life; but," added he, "what I have done was from ignorance, and never will I taste meat again while I live." The vegetable diet commenced eight weeks before the end of the term, and was kept up in its greatest rigor for those eight weeks. Such was the disastrous effects upon the health of the students, that Mr. Farley told me he believed that its continuance four weeks longer would have broken up the school. As it was, about thirty young men lost their healths; nearly all of whom became dyspeptic, and several sunk into consumption. The herculean young man was one of the sufferers: his head and nervous system became so much affected, that he could not possibly study. After trying a change of air, and every means to regain his health, he found it im

possible to continue his studies, so following "the star of empire," he wended his way west, to Michigan, where he is now a useful farmer. The school re-assembled at the expiration of four weeks, and then the committee on diet having somewhat the fear of vegetables before their eyes, ordered more meat than had ever been known before. Here and there a solitary instance can be found of a person well sustained by vegetable diet only; but in general, meat, in moderation, is everywhere considered a salutary article of diet by those able to procure it. The amount of food required to be eaten by adults, must always be determined by the waste of the substance of the body when in health. The amount of this waste depends on the greater or less degree of exercise and labor. Out-door exercise and out-door labor causing more waste than in-door labor and exercise.

The appetite of a person in health and regular habits is a very fair criterion of the amount of food required to supply the waste of the substance of the body. This amount every person should eat, and no more, so that all human beings will vary, more or less, in the relative quantity they eat; and the same individual will differ from himself, in proportion as the amount of his labor and exercise differ. In general, a varied and simple diet is the best, consisting of pure, wholesome food. No rancid meat or butter, no spoiled vegetables, or the flour of bad grain, should ever be tasted. One of the great secrets of the health and longevity of the noble families of England, France, Italy, Germany, and, in general, of all Europe, is owing to the great care in the quality and selection of the articles composing their food, its sufficiency, its variety, and in its preparation and cookery. There is no laying down rules of diet that will suit every one, either in kind or quantity. I recommend indulging in every variety of food that we find is not absolutely pernicious. For kind, be guided far more by experience than by precept; and for quantity, be governed in moderation, by the requirements of a well-regulated appetite; but be sure that all the food you eat is perfect in its kind. Above all things, avoid taking up notions or crotchets upon the subject of diet: should you do this, you will soon find the tone of the stomach impaired, and the variety of food you could otherwise eat greatly abridged. In general, the mass of mankind follow a correct

experience on the subject of diet. Never indulge in gluttony, as excesses in eating are often very dangerous. I knew a young officer of the U. S. Army enjoying excellent health, who was killed by an excessive supper.

I believe nearly all cases of persons found dead in their beds, who have retired in apparent health, may be traced to some error in diet. I will leave the subject to the judicious experience of every one. I think the substitution of coffee, in lieu of milk, for our children, to be very pernicious indeed. No scrofulous person should drink much coffee. No consumptive, no asthmatic, no dyspeptic, no person with heart troubles or head troubles, or costive, nervous or diarrhœa, or liver complaint, or bilious, or troubled with any humor, rheumatism, or neuralgia, or kidney troubles, should ever touch coffee. Let it alone. If you can have pure black tea and pure cocoa, or chocolate, from which all its oil has been perfectly and completely removed, you may Use them if they agree with you. Children under fifteen years of age never should drink coffee, at the most only once in a week, and then very sparingly. Milk is best for them.

EXERCISE.

I have told you that the human frame is a machine. Now, this machine, like many machines of human invention, suffers greatly by continued repose. Every day, when in health, exercise should be taken sufficiently to excite, in moderation, every part of the body. For this purpose, we may adopt walking, riding both on horseback and in a carriage, nearly every species of rural labor, and many kinds of in-door labor, pursued in moderation. Dancing, both for males and females, is one of the finest exercises of which we have any knowledge. It is one of the oldest known to us, and one of the best. Taken in the open air, it is better than in-doors; but either in or out of doors, when accompanied by the harmony of music, it at once dissipates the tedium of life, excites, in high activity, the circulation of the blood, exercises every part of the body, and vivifies the whole nervous system. I do not speak of the dissipation of dancing—far from it; I only speak of it, when practised in moderation, as an exercise. For the delicate, the sickly, and the sedentary, it is invalu

able, and may be practised every day, and at all seasons of the year, and, of course, in all weathers. All the out-door athletic exercises practised by men are valuable in promoting robust health, and may always be taken, when circumstances will allow.

ANIMAL PLEASURES.—PROPAGATION OF THE SPECIES.

Perhaps there is no subject upon which a lecturer can speak that is more delicate than this, which I have referred to as the third great object of the human machine. Every man knows his own history and his own peculiar excitements. All that I will say, is, that excessive indulgence in secret vices, animal passions, and unbridled lusts, is apt, especially if indulged in when young, to destroy the nervous system, frequently producing affections of the spinal marrow and brain, and early insanity, and premature death. At its best, it often breaks down all the powers of the system, destroys the voice, and induces dyspepsia, throat disease, and pulmonary consumption. Later in life, these excesses produce imbecility and premature old age. In all these respects, study purity—sin not against your own body—indulge in the refined enjoyments of marriage—and from these sources you will receive no impediment to the continuance of health and the attainment of long life. Extinguish the burnings of passion in the sacred delights of marriage, and you will find the most noble and exquisite pleasure in the society of your wives and the love of your children, towards whom you should be a Providence, Protector, Prophet, and Priest.

SYMMETRY OF THE INTERNAL ORGANS OF THE BODY.

Extreme gratification is always conferred upon me when I have an opportunity of addressing a body of intelligent and reflecting men,—men of mature age, who can take up the subject on which I lecture, dispel all crudities and hyperboles, and treasure up the teachings, noticing if their application is pernicious or useful, and thus, by observation and experiment, determine what is false and what is true, and ever after retaining and diffusing whatever is true and important.

In the early part of this lecture, I spoke to you on the importance of preserving the external form of the human machine in perfect symmetry, keeping the head and neck, the shoulders, the chest, the spine limbs, &c., all in the admirable perfection of their natural formation when no deformity has been introduced by art, by incorrect habits, &c., &c.

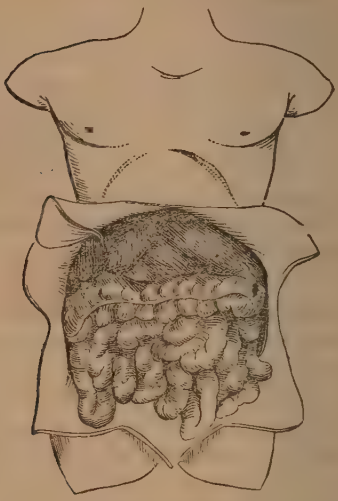
I now come to speak to you of the symmetry of the internal organs of the body. I mentioned to you, that symmetry *was the very key of health;* that the human system is a machine put together and acting upon mechanical principles; that each part has its appropriate bearings, every part being constructed to a symmetrical arrangement. These remarks applying to the external form of the person, also apply with equally great force to the internal parts of the body. I believe that all diseases proceed from two causes only: one is loss of symmetry, either in size, position, function, or integrity; the other is from poison. The human person may be likened to a box or trunk. Now, suppose this trunk, the person, to be laid flat upon the back, we should then find the bottom and sides mostly solid, whilst the top or covering of the trunk would be solid only at one end, across the chest, whilst the lower part of it is covered with elastic belts. Now fill this trunk full, as it is laid flat on the back, and set it up on end, we shall find that every thing inclines to settle down to the lower part, and press against the elastic belts; now, unless these belts are extremely firm, they will become relaxed or stretched, and allow the different parts of the inside of the body, more or less, to fall down out of their places. On examining the trunk of the body, we find the lungs, the heart, with the blood-vessels, air-pipes, &c., besides some small glands, filling up the whole chest. These parts possess considerable weight. The chest is a basket of bones, entirely open at the bottom, or its only floor is a loose, fleshy, moveable curtain, that floats up and down between the chest and abdomen. At the top of the abdomen, towards the left side, and stowed up against the loose floor of the chest, we find the stomach, that, when full, with its contents, weighs several pounds. We find, also, the liver, at the top of the right side of the abdomen, a solid, heavy mass of several pounds weight.

Beneath these, we have the large bowel, which, with its contents, is very heavy, and besides these the caul, and the small bowels. All these, in some large persons, weigh fifty or sixty pounds, or even more. Now all this immense weight, checked only by slight fastenings, is at last fully supported by the abdominal belts, by the belts that cover the front of the abdomen, which take their origin or insertion from the lower edge of the breast-bone, from the lower edge of all the short ribs, from the back-bone in the small of the back, and from the upper edge, all around the basket of the hips. (For a view of these belts, and their situation, see Plate E.) Whilst in perfect health, and whole, these belts keep all the different parts of the inside of the body fully and snugly up to their places; but when broken anywhere, very promptly, we see the bowels gushing out, and dragging everything inside out of its place; and if any way considerable, the individual can neither stand nor walk. This is exemplified in the case of ruptures. I once knew a sturdy blacksmith who had an immense rupture, and wore a truss. While the truss was well adjusted and kept the bowels in their place, he got along tolerably well; but if the truss moved out of place, great quantities of the bowels would instantly glide out,—at once causing loss of strength and faintness, leaving him no resource but to throw himself flat on his back, when the bowels would stop falling down; he would then have to push the bowels back into place, and adjust his truss so as to keep them up, when he could at once go about his business. Now, from a multiplicity of causes, although there will be found no open space through the abdomen, yet the belts covering it become stretched or relaxed, and do not keep the internal parts of the body in their places; and in this way, the stowage of the internal parts of the body, and all the internal organs, experience jarring, and settling downwards, producing a condition I shall denominate

FALLING OF THE BOWELS

Now, the falling of the bowels occasions a vast amount of sickness, of which, when I speak, will be mentioned as caused by falling of the bowels, whilst the falling of the bowels is, itself, produced by relaxation, or stretching, or weakness of the abdominal belts. (See

PLATE R.



Plates O, P, and R, and notice all the different organs of the body there.) As you see them in their places, you will observe how readily their forms will incline them to fall downwards, which, if they do, will produce some or all of the following diseases of the system, depending on the extent of the relaxation of the belts, and falling of the bowels; at one time producing some one of the symptoms in only a slight degree, and at other times causing the most terrible effects, and certain death. I will now mention some of the effects produced by this upon the large organs. First, the effect of falling of the bowels

UPON THE LUNGS.

By looking at Plates D and C, you will observe that the lungs are wedge-shaped. Their points, or smallest portions, are highest up under the collar-bones, whilst their heaviest and largest parts are lowest, and rest on the floor of the chest, and greatly incline to drag downwards. It is entirely indispensable to perfect health of the

lungs, that the bowels be well kept up, so that there shall be no unnatural falling down of the floor of the lungs. The effect upon the lungs of the falling of the bowels is to cause a sense of extreme weakness and sinking feeling at the top of the chest. The breath enters the lungs, and seems to be lost—the sufferer being unable to fill up the top of the chest; and thus, as I said in my chapter upon the causes of pulmonary consumption, if any part of the lungs is not kept well expanded, it lays the foundation for pulmonary consumption, so that falling of the bowels is a very frequent cause of consumption; and the lungs being allowed to fall downwards, engorgement of the top of the lungs, or a secretion of tuberculous matter there, will rapidly take place.

BLEEDING AT THE LUNGS

Often arises from a falling of the bowels; the top of the lungs being so dragged down, that the blood does not circulate well through them. The sense of weakness at the top of the chest, and of being all gone there, causes the person to stoop very much, and to bring the shoulders forward. I never attempt to cure pulmonary consumption without using means to have the bowels well brought up to their places, and thus have the floor of the lungs well supported. A great many consumptions arise from falling of the bowels, particularly in delicate persons.

WEAKNESS AND LOSS OF VOICE, AND DISEASE OF THE AIR-PIPES, PRODUCED BY FALLING OF THE BOWELS.

It will be very obvious to you, that if the lungs are not well filled with air, that their dragging down will bear heavily and at once upon the small air-pipes, the windpipe, and the organs of the voice, so that one of the earliest effects of falling of the bowels is to produce weakness, and even loss of voice; the voice at times becoming hoarse and husky, and weak, falling to a whisper. Talking or reading aloud occasions great exhaustion, a soreness in the throat, dryness and heat in the windpipe. The efforts to speak greatly strain the windpipe. Public speakers are, in this way, rapidly driven from their desks, and their usefulness destroyed. Many of these broken-down men, I have restored to usefulness by the aid of few medicines, and giving perfect

abdomina. support, so that the lungs should be well lifted up, in order that no dragging down of the windpipe, or vocal organs, can take place. Some clergymen, who are sagacious observers of themselves, I have known to cure all weakness of voice in themselves, by inventing and applying support to the abdomen. To permanently cure weakness of voice, and disease about the windpipe, I deem it indispensable to have the abdomen perfectly supported.

SHORT BREATH, AND DIFFICULT BREATHING AT TIMES,

May be said to be an universal accompaniment—indeed, they are among the first symptoms or indications—of falling of the bowels. Short breathing in men, especially after the middle period of life, panting upon any inconsiderable exercise, and for these reasons great difficulty in walking fast, whilst running and dancing are nearly impossible, and next to impossible to lift a heavy weight. In April, 1845, I was consulted at New Bedford, Mass., by a man who was a resident of Westport, Mass. He owned and resided upon a small farm, but was unable to do any labor whatever. His lungs were very much affected, bleeding at the lungs, cough, &c. He had not been able to do any work for four years, and was not able to stoop down and raise up a 4 lb. weight. He was in consumption.

His was an aggravated case of falling of the bowels. I gave him suitable remedies for his lungs, and an abdominal supporter. I saw him in July following. He walked four miles on a warm afternoon, to see me. He told me he was in perfect health, and could *lay stone wall fifteen hours in a day.* In October, 1846, he informed me, by letter, that he continues in fair health.

PALPITATION OF THE HEART,

And disturbance of its functions, are very often produced by falling of the bowels, even stoppage of the heart and fainting, when the person falling, or being laid down, the heart resumes its action. I have often witnessed apparent heart-disease cured simply by an abdominal supporter, but usually medical remedies are required.

SINKING FEELING, AND ALL-GONE AT THE PIT OF THE STOMACH.

This is one of the most common symptoms of falling of the bowels; an extreme sense of exhaustion, as if there was a large empty space in the stomach, that nothing could fill. The food, upon eating, seems to pass away and to leave the same hollow, empty feeling. This is particularly the case with men who stand a great deal at a work-bench. I was consulted in April, 1844, at Springfield, Mass., by a tin-worker, who told me that he had suffered this distressed feeling about the pit of the stomach for six years. He supposed it was occasioned by standing so continually at his work, which was no doubt the case. I gave him his remedies. The second day after, his wife called to see me, with a message from her husband, saying, that he had not spent such an agreeable day for six years as the first day that he had used all my remedies. All the functions of the stomach are more or less impaired by falling of the bowels; and the person feels at that point as if cut in two, and is greatly disposed to stoop.

INFLUENCE OF THE FALLING OF THE BOWELS UPON THE LIVER.

The weight of the liver is so considerable, that, unless the abdominal belts are very firm, it is apt to fall down, more or less, out of its place, sometimes so as to obstruct the bile-ducts, inclining, partially, to induce jaundice, and to stop the regular passage of the bile from the liver. When the falling of the bowels is excessive, the effect upon the liver is, at times, deplorable, as it may become very much dislocated, and even torn, so as to produce fatal effects. I have no doubt but that inflammation of the liver is very often produced by its not being well supported. To prove this, I will give one example. A few years ago, a gentleman visited Saratoga Springs for his health. He had a diseased liver. He recovered his health very rapidly. At the end of four weeks, proposing to return home, he started on a hard-trotting horse. The gentleman rode eighteen miles the first afternoon, and, at the dusk of evening, stopped at a tavern, disposed of his horse, and immediately retired to bed. The next morning he

was found dead in his bed. His body was examined by Dr. Steele, of Saratoga, when it was found that his liver had been recently healed of ulcers, and that the old and new portions of liver, by the hard trotting of the horse and consequent jarring and falling of the liver, had been torn apart, causing a considerable loss of blood, that flowed into the cavity of the abdomen, and produced death. Proper abdominal support would have entirely prevented this.

BREAKING AWAY OF THE BOWELS THEMSELVES, BY RELAXATION OF THE ABDOMINAL BELTS.

I have repeatedly witnessed cases where the large bowel has been torn out of its place, more or less, from lifting heavy weights, or from excesses in exercise, or accidents, or severe straining of the bowels. In these cases, weakness and pain are apt to continue a great many years. I was consulted at Worcester, Mass., by a tall, delicate young man, who, by walking many miles on a very hot day, had caused a very severe dragging down of the liver and breaking away of the bowel at its great turn in the right side. (See the situation of this bowel on Plate C.) He had great heat, and smarting, and weakness in the side, inability to walk far, and unable to perform any hard labor. I witnessed another case where this bowel was broken away in front, and another in the left side, causing a great deal of pain, weakness, and debility. After continuing a year or two, the sensation is that of hopeless debility in the affected part. One case I witnessed where the pain and suffering had continued for thirty years. All these cases were promptly cured by a few suitable medicines and perfect abdominal support. A relaxation of the abdominal belts and falling of the bowels will often produce great weakness and debility in the bowels themselves. This leads, in many cases, to

HABITUAL COSTIVENESS.

At other times, the very opposite state of the bowels will be produced, and the patient will suffer greatly from a chronic diarrhœa. Both of these states of the bowels, so opposite to each other, it is well known often arise from the same cause,—that is, debility and want of tone in the bowels, which are produced or greatly aggravated by

a relaxation of the abdominal belts. Suitable medicines and abdominal support will usually effect a speedy cure.

UMBILICAL HERNIA,

Or rupture at the navel, I have repeatedly cured, by the use of the abdominal supporter.

PILES.

This disease, which gives trouble, disquietude, and suffering, producing very severe illness in some persons, I believe is nearly always caused by falling of the bowels. By referring to Plate S, you will notice that the large bowel, just as it becomes straight, is tied to the centre of the back part of the basket of the hips, and passes through it to go out of the body.

Now, when the bowels fall down, they are exceedingly apt to fall upon the large bowel, where it is tied to the back-bone, pressing it, more or less, hard against the bone, and thus preventing the return of the blood from the lower portion of the large bowel.

Piles may be greatly aggravated by the condition of the liver, by scrofula, or by a humor in the system, and by costiveness; but I believe the grand producing cause is almost always a falling down of the floating bowels upon the straight bowel, after it is tied in its place to the bone, as it commences to become straight, &c.; and upon this condition of things will result the various kinds of piles, as blind piles, bleeding piles, external piles, &c., all produced by the same cause, that is, the bowel is so obstructed above, that the blood which enters it cannot return, and hence results this disease. In nearly every case, this is relieved and often cured by removing costiveness, and using a suitable ointment. But for a radical and permanent cure, support is usually required to lift the bowels up to their place.

I have had the pleasure of curing a vast many cases of piles, and do not recollect to have ever failed doing so, where the patient followed my directions. By tying a string around a finger, you will notice how soon the end of the finger will begin to swell, and

if the string is kept on any length of time blood will ooze out from under the nail; precisely in the same way piles are produced, because obstruction prevents the return of the blood.

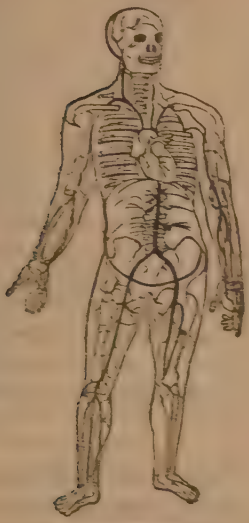
GRAVEL PRODUCED BY FALLING OF THE BOWELS.

In another place I have spoken to you of the cause of gravel in the bladder, as occasioned by the urine being long retained in it. I then explained to you the situation of the bladder, the kidneys, and the pipes that convey the water from the kidneys to the bladder (for a view of which, see Plate S.) Now, when the bowels fall downwards, they are exceedingly apt to fall upon the pipes that convey the water from the kidneys to the bladder, and thus obstruct the passage of water from the chamber of the kidneys, so that it deposits its earths, salts, and acids in the kidneys, thus producing gravel in these organs in a great many persons, causing a great deal of heat, pain, and weakness in the small of the back. Sometimes the affection will be confined to one kidney, which is shown by pain and heat on one side only. At times, gravel in the kidneys is not only produced, but other diseases of the kidneys, inflammation, ulceration of the kidneys, &c. To cure these, requires suitable medicines and abdominal support.

PAIN AND WEAKNESS IN THE SMALL OF THE BACK, WITH THREATENED DISEASE OF THE SPINE.

By referring to Plate S, you will see that the abdominal belts are tied to the back-bone, in the small of the back, and that where it is quite weak and unsupported. Now, when the abdominal belts become relaxed, and the bowels sway down considerably, they produce severe pressure upon the spine of the back, this very soon renders the back so weak and painful, that much difficulty is experienced in walking, and great weakness is felt over all the lower parts of the body, so that in some persons the water will pass off involuntarily and they may become perfectly impotent. All this is relieved by a suitable supporter, and by such medicines as give strength to the spine

PLATE V.



Heart and Blood-Vessels.

PAINS IN THE LIMBS PRODUCED BY FALLING OF THE BOWELS.

I have often witnessed great pain in the limbs produced by falling of the bowels upon the large nerves that go out from the basket of the hips to the lower extremities.

In September, 1844, at Bristol, Conn., I was consulted by one of their most enterprising men, on account of very great pain he suffered in the lower limbs, which was so great as to threaten to deprive him of all power to pursue his farming occupations. He was quite astonished when I told him I thought it proceeded from a falling down of the bowels, and that I thought he could soon be cured, as he had begun to despair of all relief. Having taken a great deal of medical advice and medicines, and used many remedies without the least benefit, I had the pleasure of relieving this gentleman in one

week, by a few medicines and supporting the bowels. I believe nearly or quite all similar cases would yield to the same treatment.

SWELLING OF THE LOWER EXTREMITIES.

By looking at Plate V, you will have a view of the large blood-vessels that go down out of the basket of the hips to the lower extremities, and also a view of the large vessels that return from the lower extremities through and into the basket of the hips, to go to the heart. Now, when the bowels fall downwards, they are very apt to press upon these large blood-vessels, and obstruct the return of the blood, causing swelling of the lower extremities, and an obstructed circulation of blood in them, and a sensation as if the limbs were asleep. At times so intense is this feeling as to become very distressing indeed. Even coldness of the feet and legs will often arise from this cause. Swelling of the large veins of the legs and feet is often produced by falling of the bowels. All may be cured by abdominal support

ABDOMINAL SUPPORTER.

Many instruments have been invented and used to support the bowels. We should recollect that the object of a supporter is to raise up the bowels to their place, and keep them there. Some abdominal supporters are objectionable, because they press flatly against the bowels, and do not lift them up more than they press them down, and thus sometimes aggravating instead of relieving the disease for which they are employed. Other supporters are objectionable, because they swaddle up the hips, and prevent free walking. Others are so formed as to press upon the spine of the back, thus occasioning some of the worst cases of spine disease I have ever seen. Others are made to be stiff and rigid without any elasticity, not allowing any movement of the bowels after they are once put on. Others, again, act more upon one side of the person than the other, having a spring upon one side and a strap upon the other, and in this way preventing an equal action. Others are most inconveniently cumbersome and weighty, or produce far too much heat. Now, all these objections are perfectly unnecessary in a good supporter. The instrument I

employ for supporting the bowels is made of steel springs, weighing only a few ounces, and perfectly elastic, and prepared with suitable pads, so as perfectly to support and lift up the bowels. The pads at the back do not touch the spine or go very near it; nor do they touch the small of the back, but rest upon the short ribs above, and the hip-bones below, so that while the bowels are perfectly supported and kept in their places, the spine of the small of the back is completely relieved from any pressure. The springs do not go round, or press upon the hips, but rise on both sides above them, so that no obstruction whatever is experienced from them in walking, in working, in dancing, or in any kind of exercise. By the elasticity of the springs, and their easy but effectual pressure, no chafing or suffering is produced anywhere, yet the bowels and the back are perfectly supported, whilst the instrument, yielding to every movement of the body, seems perfectly alive, and keeps all the parts in symmetry. After being worn one or two days, its presence gives no inconvenience whatever, and is remembered only from its constant support. It is worn with the pleasure of a well fitted glove. I scarcely need remark, that it is not necessary to wear the supporter in bed; it is not worn next to the person, but over some part of the clothing. (See Plates L and M.) If from any cause the bladder is much inflamed, the abdominal supporter cannot be worn until this inflammation is relieved, when it may be most usefully worn.

SLEEP AND BEDS.

I look upon sleep as one of the appetites. It is most eminently connected with all those organs that repair the waste and exhaustion of the body, allowing them perfect liberty to exercise their restorative functions, whilst, when perfect, it lays at rest all those organs which, when in action, exhaust the system, or waste the substance of the body. Hence the limbs, the senses, the brain, are all at rest in perfect sleep: and so is the whole nervous system, except those parts of it that give action to the repairing organs, which never sleep, and are chiefly the lungs, heart, blood-vessels, stomach, bowels, kidneys, the skin, the liver, and the appendages of these different parts. Considering sleep as an appetite, we find that, like hunger, it comes to us

when in health, at those times when the waste or exhaustion of the body requires it. As the waste or exhaustion of the body differs in every individual, so, like the food, there is no laying down any rules to determine the amount of sleep that any individual requires; and he must be governed by a well-regulated appetite for it.

Laying upon soft downy beds much of the time, is very apt to produce effeminacy and loss of strength. As a general principle, our beds should be rather hard than soft, and more or less elastic, if possible. Straw, hair mattresses, &c., make excellent beds for the warm and temperate periods of the year, and in winter feather beds are often employed to advantage. In Italy I saw most excellent mattresses for beds, that were made by preparing the outer covering, or husks, or shucks, of the ear of Indian corn. These, on being combed or split into fine threads, serve to form most delightful mattresses. Too much clothing should never be employed in bed, yet every person should be warm and comfortable while in bed, but not so warm as to be kept in a state of perspiration. The time for sleep is, by the universal consent of all nations, allotted to the hours when the sun is below the horizon. In very hot countries, the people sleep more or less in the day-time. The loss of sleep, and the dissipation of late hours, are usually found highly pernicious. Early rising is remarked to be an almost universal habit of old people. To this I have never met with but one exception. This gentleman was seventy-seven years old, and indulged in sleep to rather a late hour of the morning.

CONCLUSION.

I have now detained you, gentlemen, as long as your patience or my time will permit. I could introduce other subjects, or enlarge each one upon which we have spoken, to a full discourse, and so amplify and exemplify the subjects as to swell them to an indefinite extent; but I forbear, contenting myself with throwing out the ideas, and leaving to your experience and intelligence the task of supplying what I have omitted. I again repeat to you what I have before said, that few die of old age until after one hundred years, and many, very

many, have lived far on towards two hundred years. All may live to reach the utmost verge of longevity, provided accidents do not occur—diseases are obviated, and premature exhaustion of the system does not take place from our own war upon it. In order to attain to long life, we must have health every day. Excesses of all kinds must be avoided. The symmetry of the body, both external and internal, must be preserved. We must study the capability of each part of our system, and over-work or exhaust no part. In this country, many suffer most from over-exertion, not allowing their systems time for self-reparation. Our systems can bear much, and live on, but there is a limit to their powers of endurance, beyond which they cannot pass. The amount that can be safely accomplished differs in each, yet the weak often endeavor to emulate the strong, and crush their own systems by their excessive labors. This is strikingly exemplified in many of our schools of learning. What one there accomplishes in two years with ease, another, to do it with safety, requires four years. Yet emulation, or supposed necessity, prompts the last one also to finish the task in two years. Now the midnight oil is consumed; now the taxed brain reels under its efforts; now the nervous system begins to falter; now, the organs of reparation, faithful friends to those who treat them rightly, lose their power to supply the waste and exhaustion of the system, and very soon the brain, the lungs, the heart, the stomach, or the bowels, one or all, cease their wonted healthy action, until the human frame, like a noble ship, that instead of resisting the elements and making them subservient to her purposes, yields to their blows, deviating from her course, and is driven madly and rapidly forward to destruction. This is the fate of millions, not only of students and scholars, but those of every occupation. Everywhere persons may be found, who, for a while, do two days' work in one; but in a short period the machine breaks down, and the imprudent person becomes an invalid, or is cut off in the midst of his days. I will repeat to you, tax no organ beyond its powers; preserve all, and life will roll on, in a smooth, unbroken current, until a century is marked upon the dial of our years. If any of you discredit what I say of excesses upon the human machine, go and survey all the

operations of machinery of human invention, and ask the keepers how long will last a piece of machinery driven beyond its powers? And again, ask how long would the same machine endure, when only required to do a reasonable duty, when promptly repaired on discovering the slightest defect, and always judiciously preserved? The answers will fully satisfy you that what I have said of the human machine is correct. Study, as you value life and health, a just equilibrium between rest and exercise, between repose and labor, between reparation and exhaustion, and between the supplies and waste of the system, and never tax any organ that is in a state of disorder or debility. No animal can endure as much as man. The care that is bestowed upon a favorite horse, if extended to ourselves, would give us good health.

THE EFFECT OF VICE UPON LONGEVITY.

One word more, and I will conclude. Allow me to speak of the effects of wickedness, vice, and immorality upon longevity. It is a very interesting fact, and a very curious one, and to my mind a very strong argument, that the same mind that dictated those precepts of morality which we find enjoined upon us in the Old and New Testaments, was also the framer of the human machine. This curious fact is, that everything laid down in the sacred volumes of the Old and New Testaments, as vice, is most strongly and strikingly opposed to longevity, and most fully justifies the expression of the inspired penman, "that the wicked shall not live out half their days." On the contrary, all the virtues enjoined and recommended in those sacred books are most strikingly conducive to long life, to length of days, to longevity. I speak this to you, gentlemen, not as a moral preacher, but as a physician, as an observer of those agents which destroy or shorten life, or which promote and continue it. Now, we will take those three great purposes for which the human body was formed. In the first place, the mind, in order to its full development and highest attainment, requires unruffled tranquillity; this will prevent its destroying the frail brain by which it acts.

Notice the effects of—	And on the contrary, those of—
Anger,	Kindness,
Jealousy,	Confidence,
Remorse,	Peace,
Hatred,	Love,
Envy,	Good will,
Covetousness,	Generosity,
Revenge,	Forgiveness
Despair,	Hope,
Profanity,	Reverence,
Fraud,	Integrity,
Fear,	Courage.
Thieving,	Honesty,
Cruelty,	Compassion,
Discontent,	Contentment. Patience, Cheerfulness,
Grief,	Resignation.

Now let any person reflect upon the state of mind produced by any of those vices, the excitement of the brain, and the tendency of this excitement to produce apoplexy, fever, inflammations, &c. How many lives have been lost by sudden fits of anger, or bursts of passion How often the heart itself has been burst by a fit of anger. I have known a person reduced to a perfect skeleton by a fit of remorse, and with it every symptom of rapid dissolution, and the same person restored to good health in an equally short time, upon obtaining forgiveness for the crime that had occasioned the remorse. Again, we have seen fear turn the hair perfectly white in twelve hours. The effects of these different vices or passions are to break up the human machine, and suddenly cut off life. Even profane swearing is calculated to produce an undue excitement of the system. So that all these too much excite or depress the functions of the brain, and thus remove that organ, and the nervous system, far from that repose and tranquillity necessary to health and longevity. Run the eye over the list of virtues, and notice how beautifully and sweetly they harmonize

with all the functions of the system. They produce perfect peace to the whole human machine.

When I read the moral law, found in God's Holy Word, for Man's guidance, and then contemplate the laws that govern the human frame, I am forced to exclaim the same mind dictated them both; so perfectly congenial are they to each other, that no human being can break God's moral laws without injuring himself. The keeping of those laws is always beneficial to the human system.

Again, let us notice the vices which concern those organs that effect the reparation of the body.

We find them to be–	Opposed are—
Prodigality,	Economy,
Indolence,	Industry,
Gluttony,	Temperance,
Drunkenness.	Sobriety.

I have repeatedly had occasion to remark to you the effect of these vices upon health and longevity. All of them are most fruitful causes of early death. What is more prolific of disease, or shortens life sooner, than gluttony, drunkenness, and excesses? As for indolence, it produces a very rust of all the organs of the system, and contributes greatly to shorten life. Again, look at the opposites of these, temperance, sobriety, prudence, industry, and economy, and see how perfectly they are adapted to the well-being of the system, and how indispensable they are to long life.

Look at the third great division of the purposes of the human frame.

Notice the vices—	Opposed to these are—
Impurity,	Purity,
Fornication,	Restraint,
Lust,	Virtue,
Adultery.	Chastity.

The sword has slain its thousands, but these vices have slain their millions. Go to the gallows, to the state prison, to the murderer's grave, to the resting-place of the suicide, to the hospitals for the insane, to the residence of the outcast, and they will tell you, in words

not to be mistaken, the effect of these vices. The diseases engendered by them are among the most terrible the human system suffers. It is out of my power now to tell you the number of deaths annually arising from these vices. But, taking the whole habitable globe, the number is absolutely incredible, and contributes greatly to shorten human life. On the contrary, see how peculiarly friendly to longevity is chastity, purity and virtue. No triumph can be greater than that of the ardent man over his passions. And this triumph greatly contributes to lengthen his days. Let me also say, that, in general, all our vices unite together, and contribute to strengthen each other, and whether few or many, they are always at war with the peace and health of the body, and contribute largely to shorten human life. But none of them are so incorporated with the system as to be uncontrollable, and cannot be said, in any respect, to form a part of the human system; they being entirely under the control of the will, and, whenever present, exist as abuses, none of them ever being committed involuntarily, we must always consent before we practice them. Again, all the virtues unite together and support each other Each triumph we make over any vice, powerfully strengthens our virtues; and they contribute to the well-being of the human system, giving a mighty preponderance to those elements that strengthen and fortify it, contributing to confer upon it immunity from disease, and assisting to bestow upon it great length of days, even the days designed in its original formation, which I believe to be from one to two hundred years. It is as a physician, that I have thus noticed these facts in relation to virtue and vice. Allow me now to add, that I delight in them as a Christian. They assist much to strengthen my belief, that when that change comes to me, which will come to us all, my eyes will be opened upon that other and better state of existence, whose glories and grandeur are heightened by the fact, that there can be in it no change except from glory to glory, and in which the great endowments are health, purity and immortality.

HENRY JENKINS.

Born in England, in the year 1501, died in 1670, aged 169 years.

CONSULTATION AND TREATMENT.

OFFICE OF DR. SAMUEL S. FITCH,
714 Broadway, New York.

I always prefer to have the opportunity of a personal examination of patients, whenever it is practicable, and for this purpose desire that they should visit me at my office when they can conveniently do so.

But a personal examination is not indispensable. A statement of the symptoms and condition of the patient, with a full history of his disease, will enable me to prescribe and apply my treatment successfully without seeing him.

My remedies can be sent, with full directions and instructions, to any part of the country by express or otherwise. Then, by hearing frequently from the patient, I can by letter conduct the treatment. In all cases when a reply to any letter written to me is expected, *a stamp to pay postage must be enclosed.*

The invalid who wishes to consult me, is requested to answer all the following questions that in any way relate to his case, and state any other circumstance or facts necessary to a full understanding of the case.

QUESTIONS TO INVALIDS.

Give name, age, residence, occupation? family consumptive, or what complaints subject to? where born and brought up? married or single? strong or delicate? lean or fleshy? tall or short? straight or stooping, or deformed? height and size around the waist, two inches above the hips? color of hair? complexion? have you any humor, scrofula, cancer, skin-disease, headache, cough, asthma, rheumatism, or pain anywhere? loss of voice, hoarseness, catarrh, dropsy, expectorate much, raise blood, fever or night sweats, chills, confined to bed or house, palpitation, nervous fits, palsy, bad dreams, sour or sick stomach, dyspepsia, flatulence, distress at stomach, colic, all-gone feeling anywhere, costiveness, diarrhœa, appetite good or bad, piles, fistula, gravel, heat of urine, or scanty, or sediment? If a lady—married? had any female complaints? irregularity? weak back? pain anywhere? any bloating? bilious, worms, indigent or easy circumstances? any bad fits of sickness? taken much medicine?

The patient is particularly requested to state what are his circumstances, as I have found that the pecuniary condition of the invalid usually has a great influence upon health. To judge correctly, therefore, in relation to the probability of cure, and to be able to adapt remedies and treatment in the best possible manner, it is essential that I should know what this condition is.

Those afflicted with disease of the lungs or throat, I would recommend to read my "Six Lectures on the Causes, Prevention, and Cure of Consumption, and the Laws of Life," contained in this volume. I will send a copy by mail, post paid, to any one requesting it, with the price, 50 cents.

In writing me, always give your address in full—Name, Post-office, County and State—*and enclose a stamp to pay postage in reply.*

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DR. S. S. FITCH'S

ABDOMINAL SUPPORTERS

Back View of the Supporter.

1, 1, 1, 1, the back pads of the Supporter.
2, 2, The Springs that come around the waist.

Front View of the Supporter.

2, 2, Springs that go from the front part up around the waist.

FOR THE SPEEDY RELIEF AND CURE OF

FALLING OF THE BOWELS,

Prolapsus Uteri, or Falling of the Womb, &c.

This instrument has been frequently referred to in the foregoing Lectures. The above figures will give the reader a tolerably correct idea of what it is and how it is worn. It is light, elastic, fits like a glove, gives support in the right place and the right direction, and may be worn while sitting, standing, walking, running, dancing, riding on horseback, or exercising in any other way, without any annoyance, and with only a delightful feeling of support.

Many people have the impression that the Abdominal Supporter is designed to be worn only by females, and by them only for derangements and weaknesses peculiar to the female organization. This is a great mistake. It does, indeed, afford in most cases immediate relief in female complaints, and is well-nigh essential to their cure. But its benefits are by no means confined to this class of complaints. In almost all diseases where there is a relaxing or weakening of the strength, it is of service. Wherever the muscular force of

the general system is impaired, the abdominal muscles being weakened with the rest, there is apt to be more or less falling of the bowels, with its train of ills, greatly aggravating whatever disease the patient may be laboring under. There are thousands, both males and females, who need to wear the Supporter, but who do not know it.

All who have Weak Lungs, a tendency to Sore Throat, a sinking all-gone feeling at the pit of the Stomach, a dragging heavy sensation about the front of the Chest and Shoulders, inability to stand or walk without fatigue, a dragging-down feeling about the Abdomen, &c., and all Females with any kind of Uterine trouble, will find immediate relief in the use of this Supporter. (See page 264.)

Persons desiring the Supporter can be fitted either by calling at our office in New York, or by sending their size around the waist just above the hips; and it may be sent, by express or otherwise, to any part of the country.

The price is $5.00 and $8.00.

Apply to

S. S. FITCH & Co.,

714 Broadway, New York.

WHAT IS SAID OF THIS BOOK.

From the N. Y Daily Tribune.

In concluding a lengthy article, the *Tribune* says—"We must stop here, for we can rarely speak at even this length of a work treating of diseases and remedies. The great importance of the subject, the general presumption that Consumption is incurable, and our confidence derived from personal knowledge and personal benefit in Dr. Fitch's suggestions, have impelled us to make an exception in this case. We trust, though we have confined our remarks to a small portion of the contents of the book before us, we have said enough to induce those afflicted or threatened with Consumption, to procure and read Dr. Fitch's book.

From the Boston Religious Trumpet.

This is truly a valuable book. It treats very lucidly on the great subject of health, and shows the insidious manner in which the most appalling diseases creep upon us, which, with a little care, might be avoided. How great a good would it accomplish, if its doctrines were written on the heart of every young person!

From John Neal, Editor of the Portland Gazette.

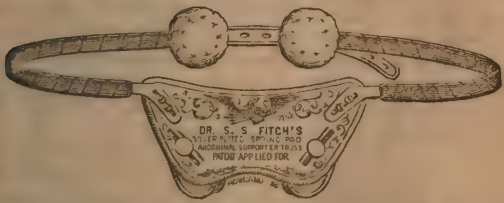
Mr. E. P. BURBANK: Dear Sir—Herewith you will receive a book, by Dr. S. S. Fitch, of whom I have the highest opinion. It ought to be in every family; and every person at all subject to affections of the chest, lungs, throat, etc., ought to have it always lying within reach. I advise you to see him; cases like yours he has had hundreds of, and knows better how to deal with them than any man living. JOHN NEAL.

"S. S. Fitch & Co., 714 Broadway, have published an admirable work, which treats upon consumption, asthma, diseases of the heart, and various other combatant subjects, in a useful, able, and admirable style."—*New York Gazette of the Union.*

"His high position, combined with his large practical experience, would certainly recommend this work to the attentive perusal of our readers."—*Philadelphia Sat. Evening Post.*

"His book is readable, practical in its details, and thoroughly conservative in its views."—*Philadelphia Public Ledger.*

S. S. FITCH & CO'S
SILVER-PLATED, COMBINATION-PAD
SUPPORTER-TRUSS.



This is a new Truss, constructed upon a novel plan, and is undoubtedly without exception the best instrument for supporting Rupture now in use.

It is really a great misfortune to have a *Rupture*, not so much because, when it is well supported by a good truss, it is either dangerous or much annoying, but because it is difficult *to find a good truss*—one that will perfectly hold the rupture, and, at the same time, can be worn with comfort. The very uniform expression of those who have worn this truss is, that it gives entire satisfaction. It is made so as to give no annoying pressure anywhere. No part of it crosses the back; it supports the whole abdomen, thus avoiding the danger of a second rupture where there is but one, and supporting both perfectly where there are two. It has an *upward* as well as *inward* pressure, thus imitating the action of the hand, and rendering a less degree of pressure requisite to hold the rupture than where the pressure is only directly inward, as is the case with other trusses. Wherever a radical cure is possible by the use of a truss, this one will effect such a cure.

An important feature of this Truss is, that it may be made to serve the double purpose of both Abdominal Supporter and Truss; and it is the only instrument made which gives the required support to the abdomen, in cases of falling of the bowels, and at the same time acts perfectly as a truss. It is therefore, in fact, indispensable to those who must wear both a supporter and a truss. We would earnestly recommend those afflicted with Rupture to make trial of this instrument.

We will send it by express to any part of the country, or fit it to the person at our office. If application is made by letter, send the size about the person just *below* the hips, in a line with the rupture, and state size and place of the rupture.

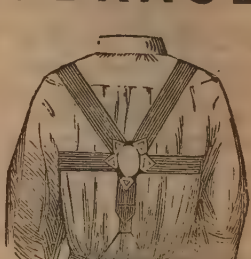
Price $8.00 for Single Rupture Truss, and $10 00 for Double Rupture.

Apply to

S. S. Fitch & Co.,
714 Broadway, New York.

DR. S. S. FITCH'S

SHOULDER BRACES.



These braces are exceedingly efficient, while, at the same time, they are worn without annoyance. Being furnished with a flexible elastic *metal spring* in the back, to which the straps are attached, they do not lose their elasticity as do those which are made of india rubber, and are therefore much more durable; and, while they yield to pressure sufficiently to permit the shoulders, arms and chest to be moved at pleasure with ease, they, at the same time, act continually to keep the chest erect, to hold the shoulders back, and effectually prevent stooping. They are made to perform the office of both shoulder braces and suspenders.

All persons who are inclined to stoop, or have weak lungs, should wear these braces, particularly those who belong to consumptive families. They should be worn by all sedentary persons, students, children at school, clergymen, lawyers, literary men and others, whose occupations oblige them to sit or stoop.

Price $2.00. Apply, giving height, and size around the chest, to

S. S. Fitch & Co.,
714 Broadway, New York.

THE INHALING TUBE.

It is impossible to overstate the importance of this little instrument to those who have weak or diseased lungs. It is a well-established fact, that there are cases known in which its use alone has cured true consumption. It is designed to inflate and strengthen the lungs, enlarge the chest, and cause the person employing it to use habitually more air. In all cases where there is any weakness of the lungs, tendency to take cold and have it go to the lungs, with cough, shortness of breath, pain or a feeling of stricture about the chest, or where the person has a small, narrow chest, or a stooping figure, —it should by all means be used. It should especially be used by all persons who belong to consumptive families, or who, from any cause, are inclined to lung disease. Being made of pure silver, it does not contract or hold impurities from the breath, is easily cleared, and will last a life-time. (See page 90.) Price $3.00.

Sent by mail, on application to S. S. Fitch & Co.,
714 Broadway, New York.

DR. S. S. FITCH'S

BILIARY CORRECTOR,

OR,

ANTI-BILIOUS MIXTURE,

For disorders of the Liver, Stomach and Bowels;—for Colds, Skin Diseases, &c.

This medicine was prepared by DR. FITCH solely for use in his own practice, with no thought of its being put out on general sale. But it has been found by his patients, and others to whom it has been recommended by his patients, so very valuable in all disorders of the Liver, Stomach, Bowels, &c., that upon the earnest recommendation of many who have been benefited by it, he has consented to have it placed in the hands of Druggists and others on sale.

We will state candidly and truthfully the complaints which it may be relied upon to relieve and cure:—1st. ALL FORMS OF BILIOUSNESS—shown in many cases by constipation, yellowness of the skin and eyes, a dull, drowsy feeling, depression of spirits, pain in the right side or across the centre of the body, sluggish circulation of the blood, tendency to diarrhœa, &c. 2d. For DYSPEPSIA it is almost a specific. When used as directed, we have hardly known it to fail to cure this most distressing complaint. It acts beautifully in almost *all* forms of indigestion, but best where the dyspepsia arises from or is complicated with any form of *biliousness*. We feel it a duty to urge the dyspeptic to make trial of it. 3d. For SICK-HEADACHE. There are thousands who suffer terribly from this peculiar affection, and probably they have been able to find no effectual relief. We do not know that this Mixture has failed to cure Sick-Headache in one instance where it has been fairly tried, and it has been tried in a large number in Dr. F.'s own practice. 4th. It will prevent the FEVER AND AGUE, and all those diseases incident to bilious climates. It will cure the JAUNDICE. 5th. For COSTIVENESS, DIARRHŒA, SUMMER COMPLAINTS, ACID STOMACH, FLATULENCE, OPPRESSED FEELING AT THE HEART, *with bad circulation, disturbed sleep, bad dreams, &c.* SUDDEN COLDS, HUMORS, *impurities of the blood, blotches and sores on the face, hands, or elsewhere, and all skin diseases.* Many persons are inclined, in the spring or early summer, to "run down," to get "bilious, weak, debilitated," &c. This Mixture will "right them up," renovate the system, and give them vigor, strength and sprightly health. 6th. Finally, as a FAMILY MEDICINE, to cure those many forms of poor health and more serious sickness, resulting from deranged bowels, stomach and liver, from humors, colds, worms, &c., it is exceedingly valuable.

The BILIARY CORRECTOR may generally be found at all respectable Druggists; but, if not found conveniently, apply for it directly to the undersigned It is put up in two sized bottles, large and small, the prices of which are respectively $1.00, and 50 cents.

S. S. FITCH & Co

714 Broadway, New York

DR. S. S. FITCH'S

HEART CORRECTOR,

FOR THE CURE OF

PALPITATION OF THE HEART,

All irregular action—fluttering, jumping, throbbing, momentary stopping of the beating of the heart, sluggish circulation of the blood, nightmare, heavy oppressed feeling in the left breast and side, and the various forms of Heart Disease.

This beautiful remedy acts almost magically. Its effects are prompt, immediate and most delightful. It controls and regulates the action of the heart, subdues its excited pulsations, and soothes and quiets it. If, however, the heart is weak and circulates the blood too feebly, it gently stimulates it to action, and relieves all distressing symptoms. The HEART CORRECTOR has long been known to the public. Thousands have used it, and speak of it with enthusiasm. Being aware how much suffering, of both mind and body, there is in the community from Heart Disease, we consider it a duty to spread as widely as possible the fact that there is a safe and efficient remedy for it.

This Medicine was only prepared for, and designed to be used in Dr. FITCH'S private practice for the treatment of Heart Disease, and like the BILIARY CORRECTOR, has been put into the hands of Druggists for sale, for the reason that it has been found to be an exceedingly efficient and perfectly safe Medicine. Dr. FITCH could not resist the appeal of a large number of his patients, who, having experienced the most complete and delightful relief from its use, urged him to put it within the reach of as great a number as possible of those who suffer from Heart Complaints.

We append a single letter, showing the tenor of a great number received from those who have used the HEART CORRECTOR.

"No. 8 FORTY-FOURTH ST., New York, Jan. 20th, 1856.

"DR. S. S. FITCH: *Dear Sir*—I do really desire that every one of the thousands who are suffering from disease of the heart, may be made acquainted with the fact that you can cure it. One year ago I called upon you, with a disease of the heart, which had been pronounced incurable by several physicians of this city. My mother had died of the same disease, and others of my relatives were affected with it. I had the most distressing palpitation of the heart, with terrible pain in the side and chest: at times I had turns of fainting, when the heart would beat for a time most violently, and then seemed to cease beating altogether, and I was completely prostrated, and nearly deprived of consciousness. You gave me two bottles of your Heart Corrector, and I took the medicine. The effect was truly astonishing. It seemed like magic; my distressing feelings were speedily relieved. In a word the medicine cured me, and I have remained well. Let me say, too, that my aunt, Mrs. Mary Thompson, of West Haven, New Haven county, Conn., has also experienced the most marked relief from this same disease by the use of your Heart Corrector. I repeat the wish that all who need it should know the virtues of this wonderful medicine. I am satisfied that it would save hundreds of lives if it were only known as it deserved to be. Accept my warmest thanks for the renewed health you have been the means of giving me.

"Respectfully yours, "MARY M. HURLBURT."

Apply to any respectable Druggist. If not found, send directly to us. Put up in $1.00, and in 50 cent bottles

S. S. FITCH & Co.,
714 Broadway, New York.

Dr. Samuel S. Fitch still continues his practice at 714 Broadway, New York, where he treats the following diseases:

DISEASES OF THE HEAD.

Nervous Headache,
Sick Headache,
Neuralgic Headache,
Sun Headache,
Bilious Headache,
Dyspeptic Headache,
Catarrhal Headache,
Dizziness, and too great Fulness,
Rush of Blood to the Head,
Noises in the Head,
Catarrh in the Head, &c.

Apoplexy and Palsy are always prevented, if treated in time.

DISEASES OF THE THROAT.

Sore Throat,
Hoarseness,
Swelled Tonsils and Palate,
Canker in the Mouth and Throat,
Weak Voice,
Loss of Voice,
Catarrh on the Throat,
Bronchitis,
Coughs of all Kinds.

DISEASES OF THE LUNGS.

Consumption of all Kinds,
Asthma,
Bleeding Lungs,
Weak and Contracted Lungs,
Short Breath,
Oppression for Breath,
Catarrh, or Seated Cold, on the Lungs,
Coughs of Short or Long Standing.

DISEASES OF THE HEART.

Palpitation of the Heart,
Stoppage or Fluttering of the Heart,
Stoppage of the Circulation,
Enlargement of the Heart,
Thickening of the Valves of the Heart, indicated by a rasping sound.
Pain in the Chest,
Pain in the Side,
Pain between the Shoulders.

DYSPEPSIA IN ALL ITS FORMS.

Sour Stomach,
Sick Stomach,
Bloating and Wind in the Stomach,
Pain in the Stomach,
Loss of Appetite,
Too much Appetite,
Burning in the Stomach,
Sinking and Weakness at the Stomach,
Water Brash,
Distress in the Stomach after Meals,
Oppression, and Wind, and Bloating of the Stomach after or before eating.

LIVER COMPLAINT.

Jaundice,
Stones in the Gall Bladder,
Enlargement of the Liver,
Wasting of the Liver,
Pain in the Liver, or Right Side, Chest, or Back,
Congestion of the Liver.

DISEASES OF THE BOWELS.

Costiveness,
Diarrhœa of Long or Short Standing,
Dysentery,
Bilious Colic, and all forms of Colic,
Ulcerated Bowels,
Weakness of the Bowels,
Bearing down of the Bowels,
Falling of the Bowels,
Piles—Bleeding Piles, Blind Piles.

RUPTURE, or BREACH.—For this he believes he has the best Truss in the World.

DISEASES OF THE URINARY ORGANS.

Diabetes in Young or Middle-aged People,
Diabetes in Old People,
Stoppage of the Urine,
Inability to Retain the Urine,
The same difficulty in Children during the night,
Gravel,
Kidney trouble in Old People,
Ulcerated Kidneys,
Ulcerated Bladder,
Discharge of Mucus or Pus or Blood from the Bladder,
Bright's Disease of the Kidneys,
Pain in the Kidneys, or small of the back,
Pain in the Bladder,

Scanty Water,
Too much Water,
Settlings in the Water,
Pain in the Urethra,
Pain in the Back,
Stricture and Difficulty in Passing Water,
Heat and Scalding, &c.

FEMALE COMPLAINTS.

Stoppage of Nature — Too late, too frequent, too profuse, scanty, irregular, or painful,
Female Weakness,
Unnatural Discharges,
Falling of the Womb,
Bearing Down,
Pain in the Womb,
Swelling, Displacement, Inflammation, or Protrusion of the Womb.

All Complaints peculiar to Males—Young or Old.

RHEUMATISM.

Rheumatism in the Head,
Rheumatism in the Shoulders,
Rheumatism in the Neck,
Rheumatism in the Spine,
Rheumatism in the Back,
Rheumatism in the Heart,
Rheumatism in the Arms, the Wrists, Elbows, Hips, Knees, Ankles, Feet, &c.; all cases whether Chronic or Acute.

SKIN DISEASES.

Salt Rheum,
Tetter,
Shingles,
Herpes,
Pimples on the Face,
Blotches on the Face,
Brown Spots and Moth on the Face,
Bad Complexion, &c.,
All Forms of Skin Diseases

To all those afflicted much or little, for a longer or shorter time, with any of the above complaints, Dr. S. S. Fitch extends his aid, and asks the privilege of restoring them to health.

Consultation either by letter or in person is perfectly free—no charge whatever. He will tell you what your disease is, whether it can be cured, and how long it will take to cure it; also the cost of doctoring, medicines, mechanical remedies, &c.

See the Questions to Invalids on the first page of this Appendix, which will guide you in stating your case by letter. Always put a postage stamp in your letter to pay the postage on the answer to you.

Dr. FITCH's charges are always low and accommodating.

Nearly all the diseases above named usually soon get well under his treatment. The only one from which he cannot usually recall the patient to health, is Consumption in a very advanced stage—far down in the valley of death. In Consumption, apply early to be sure of a cure.

Throat Diseases usually cured in one-tenth of the time required by other physicians.

All Womb Complaints usually cured in one-tenth of the time required by other physicians.

The same may be said of Asthma and of Skin Diseases.

Apply as early as you can. Never let a cough be on you a week without seeking aid. I never recollect to have treated a cough of less than two months' standing that did not get well rapidly by the use of my remedies.

Persons consulting Dr. S. S. FITCH, either in person or by letter, may feel perfectly confident that they will get the best advice.

Dr. FITCH's immense practice and experience, as well as his frequent consultations in difficult cases with the greatest and oldest physicians, give great value and interest to the opportunity of consulting him.

All letters and consultations perfectly sacred—never exposed—never shown to others, save with the full previous consent of the writer or patient.

I beg to remind the reader that I permanently cure nearly every case of Asthma that I treat; nearly all get well who follow my directions perseveringly. This disease is especially curable in a short time in young persons.

Also, in cases of Diseases of the Heart, at least ninety-nine out of every hundred get well, who employ my remedies and follow my advice.

Remedies Prepared by Dr. Samuel S. Fitch,

AND USED IN HIS PRIVATE PRACTICE.

Dr. Samuel S. Fitch's Biliary Corrector, or Anti-bilious Mixture—Purely Vegetable—A mild, safe, and effective remedy for Bilious Disorders, Sick Headache, Bilious Headache, Dyspepsia, Torpid Liver or Stomach, Costiveness, Bilious or Dyspeptic Cough, Malarial Fevers, Bowel Complaints, Indigestion, Sour Stomach, &c., Skin Diseases, Impure Blood, Jaundice, and all complaints caused by impure blood or biliousness.....50cts. and $1 00

Dr. Samuel S. Fitch's Heart Corrector, for Palpitation of the Heart, and all forms of Heart Disease.....50cts. and 1 00

Dr. Samuel S Fitch's Cherry Pulmonic, for the relief and cure of Colds, Coughs, Bronchitis, Incipient Consumption, Sore Throat, Hoarseness, Whooping-cough, &c..... 1 00

Dr Samuel S. Fitch's Vegetable Cathartic Pills, for Habitual Costiveness, Weak Bowels and Stomach, Slow Circulation, Pimples on the Skin, Impure Blood, Too Full Habit, Determination of the Blood to the Head, Indigestion, Overloaded Stomach, Disturbance of the Stomach or Bowels from unripe or indigestible food; Palpitation of the Heart, from indigestion or wind; Torpid Liver, &c.....Per box, 25

Dr. Samuel S. Fitch's Catarrh Liniment: An admirable medicine for Catarrh, very effective in removing the catarrhal inflammation, relieving pain, removing the stoppage of the nostrils, checking the discharge from the head, &c. 50

Dr. Samuel S. Fitch's Pile Ointment: A very effective remedy. 50

Dr. Samuel S. Fitch's Liniment. There is a class of affections in which this admirable preparation gives immediate relief; such as Pain or Soreness in the Side, Chest, Back, Spine, Limbs, Joints, Throat, Stricture across the Chest, Croup, Pleurisy, Bronchitis; also in Sprains, Bruises, &c. In Rheumatism it is *magical*, almost, in its effect. In Croup it is very efficient.. 50

Dr. Samuel S. Fitch's Nervine, to give quietness, tone, and vigor to the nervous system..... 50

Dr. Samuel S Fitch's Universal Tonic, for all cases of debility and weakness. Most important remedy..... 50

Dr. Samuel S Fitch's Gravel Specific, for Gravel Stricture and all Urinary troubles..... 50

Dr. Samuel S Fitch's Pain Killer and Humor Corrector, for all pain from Humor, Feverish Action, Inflammation, Internal and External Sore Throat, Croup, for Humors in the Skin, Salt Rheum, Tetter, &c..... 50

Dr. Samuel S. Fitch's Depurative Syrup, for all Impurities of the Blood, Humors, and Skin Diseases..... 1 00

Dr Samuel S. Fitch's Uterine Catholicon, for all Womb and Kidney Diseases, Falling of the Womb, &c..... 1 00

Dr Samuel S. Fitch's Tetter Ointment, for Eruptions on the Skin, particularly Pimples and Blotches on the Face..... 50

Dr Samuel S Fitch's Vermifuge, for all cases of Worms..... 50

Dr. Samuel S. Fitch's Cholera Specific, a sovereign remedy in Cholera; also, for Colic, Wind, &c..... 50

Dr. Samuel S. Fitch's Cough Curer, for Coughs, Colds, Sore Throat, Asthma, Whooping-cough, Bronchitis, Croup, &c..... 1 00

Dr. Samuel S. Fitch's Pulmonary Balsam, for the Lungs, where there is profuse expectoration, or ulceration, or bleeding..... 1 00

Dr. Samuel S. Fitch's Pulmonary Expectorant, for the Lungs and Colds, where there is not much fever; for Sore Throat, Bronchitis, &c..... 1 00

Dr. Samuel S. Fitch's Pulmonary Succedaneum, for the Lungs, where there is not much loss of strength or flesh, or bleeding..... 1 00

Dr. Samuel S. Fitch's Pills for Bleeding Lungs and for Diarrhœa, a very efficient remedy..... 50

Dr. Samuel S. Fitch's Drops for Dyspeptic Vomiting, for Sickness at the Stomach and vomiting before and after meals, whether cough or not.. 50

Dr. Samuel S. Fitch's Anti-Dyspeptic Mixture, for all cases of Indigestion, with acid stomach, or heartburn..... 50

Dr. Samuel S. Fitch's Female Corrective and Female Restorative, for disturbed menstruation..... 1 00

Dr. Samuel S. Fitch's Female Pills..... 25

Dr. Samuel S. Fitch's Cough Pills, for the Lungs, where the cough is harrassing and violent.....Per box 50

Dr. Samuel S. Fitch's Tonic Wash for Sore Throat, for Chronic Sore Throat, especially if ulcerated..... 50

Dr. Samuel S. Fitch's Catarrh Snuff, for Catarrh in the Head, particularly if there is much discharge..... 50

Dr. Samuel S. Fitch's Catarrh Specific, for Catarrh with much soreness, heat, dryness, and thick discharge, loss of smell, &c..... 50

Dr. Samuel S. Fitch's Several Inhaling Fluids, employed in medicinal inhalations, for disease of the lungs..... 1 00

Dr. Samuel S. Fitch's Vital Tonic: a beautiful tonic in cases of great and protracted debility..... 50

Dr Samuel S. Fitch's Anti-Mucous Mixture, for all mucous discharges, of whatever character, especially from the bladder, urethra, &c..... 50

Dr. Samuel S. Fitch's Tonic Wash for Leucorrhœa: a most effective remedy..... 50

The above Remedies may be found with our agents, or may be had at our office, No. 714 Broadway, by applying either personally or by letter.

AGENTS WANTED.

Persons wishing to become agents for the sale of Dr. Samuel S. Fitch's Remedies, will please address S. S. Fitch & Co., giving references, population of town, city, or village they reside in, how many almanacs they can distribute to advantage, and particular directions how to ship goods to them.

Letters for medical advice, &c., should be addressed to Dr. Samuel S. Fitch. Business letters, applications for agencies, &c., should be addressed to

S. S. FITCH & CO., 714 Broadway, N. Y.

☞ *Always give Town, County, and State.*

Letter from Mr. R. F. Nelles, of Galt, C. W.

"CUSTOMS, GALT, C. W., October 20 1856.

"DR. S. S. FITCH:

"My dear Sir,—I only received yours of the 4th instant yesterday, and have much pleasure in testifying to the benefit I derived from your medicine and advice.

"In June of last year I called upon you for advice, having been previously pronounced incurable by many eminent physicians in Canada. After an examination, you told me that you could cure me in two months. I then called on Dr. —— of your city, who examined me, but told me the very reverse from what you said—that nothing could save me from an early grave. He said that he might be able to relieve me a little, but said he could give me no encouragement—that my case was hopeless.

"After a night's reflection, I made up my mind to place myself in your care, but with scarcely a hope that you could cure me. All I have to say is this, that your words in my case have been verified. I was in a very weak state when I went to you; given up by several physicians—among the rest, Dr. H——. I took your medicine, followed your advice, and am now, thank God, as strong and healthy as ever.

"I attribute my recovery, under God's blessing, to your agency.

"I sent you a patient last spring from Grimsby, C. W.—a Mr. Pettit, who is improving slowly; and I shall, whenever I find any one afflicted as I was, use every endeavor to send them to you.

"Mrs. Munro is much obliged for your kindness to her when in New York. She has returned with her son-in-law; but, poor fellow, he is very low.

"If I can at any time further your interests, I will willingly do so.

"With most sincere respect, I remain yours faithfully,

"R. F. NELLES."

Letter from Mrs. E. K. Clement, of Pa.

"STROUDSBURY, MONROE CO., PA., Feb. 23, 1854.

"DR. S. S. FITCH:

"Dear Sir,—It will be three years next winter since I called to see you I was then pronounced in the last stage of the heart-disease by the physicians of this place. They said that there was no cure for me. I was then induced by the entreaties of my husband to go and see you, yet with very little hope of being cured. You gave me remedies, &c., which I took, and followed your directions to the letter; and in six months time I could say 'I am well.' I could sleep as sweetly as a little babe, and on my left side as well as my right, which I could not do for years previous.

* * * * * *

"Since my cure of the heart-disease, many have been induced to try you, and several more are going to see you this spring. Our doctors *must* and *do* acknowledge that you can cure that disease. Yours truly,

"ELIZABETH K. CLEMENT."

(A. ROBINSON)